

Spicy Honey Sweet Potatoes with Pomegranate

Nutritional Highlights

- Sweet potatoes are packed with health-boosting nutrients, potassium and beta-carotene
- The fiber content of this dish helps keep you full after enjoying this fall favorite

Servings: 6-8

Ingredients

- 2 large russet potatoes, cut into large chunks
- 4 large sweet potatoes
- 3 tablespoons butter
- 1/4 cup half and half
- Chili sauce (Sriracha, Tabasco, or other hot sauce), to taste
- 1/2 cup honey, divided
- 1/2 cup pomegranate seeds
- 2 tablespoons parsley, chopped
- Salt and pepper, to taste

Directions

- Place white potatoes in a large pot and cover with water. Season generously with salt. Bring to a boil, reduce to a simmer, and cook until completely tender. Drain and transfer to a large bowl. Mash potatoes to desired consistency and set aside.
- Meanwhile, prick sweet potatoes all over with a fork. Place 2 sweet potatoes in microwave and cook on high until soft, about 4-5 minutes. Remove and set aside to cool slightly. Repeat with remaining 2 sweet potatoes.
- When cool enough to handle, split sweet potatoes and scoop flesh into the bowl with the mashed white potatoes.
- Add butter, half and half, 1/4 cup of honey, and chili sauce of choice, and mash to combine. Season to taste with salt and pepper. Transfer to serving dish.
- In a small bowl, combine pomegranate seeds, chopped parsley, and remaining honey. Pour desired amount over mash, and serve.