

GARLIC ASPARAGUS WITH MASHED SWEET POTATO

This recipe makes one serving.



INGREDIENTS

1/2 lb fresh asparagus
1/2 large sweet potato
1 garlic clove
red pepper flakes, to taste
salt and pepper, to taste



EQUIPMENT

Large pot
Bowl
Stove
Knife
Masher

NUTRITION FACTS PER SERVING

Calories: 101
Total Fat: 0.4g
Sodium: 26mg
Potassium: 741mg
Carbs: 21.6g
Fiber: 6.7g
Protein: 6.3g



METHOD

1. Snap off the tough ends of all of your asparagus spears. If you grab about an inch from the bottom and bend upwards, the asparagus naturally snaps where it needs to.
2. Bring a large pot of water to a boil.
3. Once water begins to boil, add in your sweet potato and let boil for 30 minutes, or until tender all the way through.
4. While sweet potato is boiling, peel and mince your garlic clove.
5. During the last three minutes of boiling your sweet potato, add in your asparagus.
6. Remove asparagus spears and sweet potato from water.
7. The skin of the sweet potato will now easily peel off - you can either peel the skin off or leave it on for mashing.
8. Mash the sweet potato with salt, pepper, red pepper flakes and half of the minced garlic.
9. Sprinkle asparagus with salt, pepper and the rest of the minced garlic. Serve and enjoy!

