

# **Chipotle Orange Sweet Potatoes**

From the Public Health Seattle & King County

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/SideDishes/SpicySweetPotatoes.aspx>

## **Ingredients**

- 4 large sweet potatoes
- 1 small can of chipotle peppers in adobo sauce (you will be using 2 tablespoons of the adobo sauce in the recipe)
- Juice of 1 orange

## **Instructions**

1. Heat oven to 375° F.
2. Bake sweet potatoes directly on oven racks for 1 hour, or until tender when pierced with a fork.
3. Remove potatoes from oven, slice in quarters. Carefully slide the potato skins off and discard. (Careful -- the potatoes are very hot!) Place potatoes in a large bowl and mash.
4. Add 2 tablespoons of adobo sauce to the potatoes and blend thoroughly. (If your tongue can take it and you want a more fiery and spicier dish, mix some chopped chipotle peppers into the potatoes.)
5. Add the orange juice and salt to taste. Mix until blended.

**Makes 8 servings**

## **Nutrition information per serving**

Calories: 112	Dietary Fiber: 3 g
Total Fat: 0 g	Sodium: 311 mg
Saturated Fat: 0 g	Protein: 2 g
Cholesterol: 0 mg	Carbohydrates: 26 g