



NIBLACK
FOODS

quality foods and ingredients since 1932
900 Jefferson RD, Bldg #6 Rochester NY 14623
(585) 292-0790 Fax (585)292 0845
<http://niblackfoods.com>



Whipped Sweet Potatoes, Honey Ginger Balsamic and Greek Yogurt Served with Brown Butter!

Ingredients:

6 fat sweet potatoes
1 cup plain Greek yogurt
3-4 Tablespoons Honey Ginger Balsamic
1 stick butter, soften
4-5 tablespoons Spriana 4 Leaf Balsamic
Spriana Sea Salt to taste, Thai Ginger, Sel Gris
Fresh Ground Pepper to Taste
Parsley Sprigs

Instructions:

Preheat oven to 350 degrees F (175 degrees C).

Prick the sweet potatoes with a fork and bake in the preheated oven 1 hour, or until tender. OR Microwave on high for 6 plus minutes. When cool enough to touch, peel.

Place in a medium bowl and whip until smooth. Add Honey Ginger Balsamic and Greek Yogurt. Check for taste, add more if you want! Will be a gorgeous orange color!

In small sauce pan melt butter, when you see bubbles!!! add the balsamic. On low heat or no heat stir and your Brown Butter is done. So simple and fantastic! You will find many uses for this sauce, meat, fish..

Put Sweet Potatoes in festive serving dish and Drizzle With Brown Butter. Garnish with Finishing Salt and Pepper!

Top with Parsley Sprigs

Yield 8 servings

Prep time 20 min

Cook time 1 Hr 15 Min

Calories 269

Enjoy, Meg

Meg at The Market

meg@niblackfoods.com

