

# Mashed Sweet Potatoes and Pears

**Makes:** 8 Servings

This recipe is filled with vegetable and fruit. You may also add flavor to canned sweet potatoes by mixing with grated lemon or orange peels, raisins, canned pineapples (drained), or nuts.

## Ingredients

**2 cans** low-sodium sweet potatoes (drained and chopped, about 15 ounces each)

**1 can** pears (drained, about 15 ounces )

**1/3 cup** brown sugar (packed, or 1/3 cup regular sugar)

**1/4 cup** margarine (softened)

**1/4 teaspoon** cinnamon

## Directions

1. Place sweet potatoes in a large mixing bowl. Add pears, sugar, margarine, and cinnamon and mix until combined. Mash completely using a fork.
2. Place in microwave-safe dish with lid and heat on high for about 4 minutes, stir.
3. Heat on high for another 1 to 3 minutes or until heated evenly.

Recipe adapted from by Allrecipes.com, submitted by Taste of Home Test Kitchen.

## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	230	
Total Fat	6 g	
Protein	1 g	
Carbohydrates	44 g	
Dietary Fiber	4 g	
Saturated Fat	1 g	
Sodium	95 mg	