

Mashed Sweet Potato Supreme

4 med sweet potatoes, peeled and cubed
1/2 C pecans, roughly chopped
2 T olive oil
1 T brown sugar
1 t ground cinnamon
1/2 t ground nutmeg
1/2 t ground ginger
1/2 t salt

1/4 t black pepper
1/2 C dried cranberries
1/4 C pomegranate seeds
2 T fresh rosemary, finely chopped
2 T fresh parsley, finely chopped
1/2 C feta cheese, crumbled
1/4 C brewed Books tea, cooled

PREHEAT THE OVEN: Preheat your oven to 400°F.

PREPARE THE SWEET POTATOES: In a large bowl, toss the sweet potato cubes with olive oil, brown sugar, cinnamon, nutmeg, ginger, salt, and pepper until evenly coated.

ROAST THE SWEET POTATOES: Spread the sweet potatoes in a single layer on a baking sheet. Roast in the preheated oven for 25-30 minutes, or until tender and slightly caramelized, stirring halfway through.

TOAST THE PECANS: While the sweet potatoes are roasting, toast the pecans in a dry skillet over medium heat for about 5 minutes, stirring frequently, until fragrant and lightly browned. Set it aside.

MASH THE SWEET POTATOES: Once the sweet potatoes are done, transfer them to a large bowl. Add the brewed Books tea and mash until smooth and well combined.

COMBINE AND SERVE: Add the toasted pecans, dried cranberries, pomegranate seeds, rosemary, parsley, and crumbled feta cheese to the mashed sweet potatoes. Toss gently to combine.