



## Greenmarket Affordable Meals Series

*Quick and easy dishes from our market using the freshest seasonal ingredients, all for under \$5 per person*

# Natural Gourmet Institute

# MASHED SWEET POTATOES WITH SHALLOTS & THYME

RECIPE BY NATURAL GOURMET INSTITUTE

Prep: 10 minutes  
Cook: 20 minutes  
Total Time: 30 minutes

Yield: 4 Servings  
Level: Easy  
Approx. Market Cost: \$7.00

INGREDIENTS	MARKET AVAILABILITY	PRICE (APPROXIMATE)
2 pounds sweet potatoes, peeled and thinly sliced	Mon, Wed, Fri, Sat	\$3.00
½ teaspoon sea salt, plus more for boiling water	<i>Pantry Item</i>	-----
3 tablespoons extra virgin olive oil	<i>Pantry Item</i>	-----
2 large shallots, finely chopped	Mon, Wed, Fri, Sat	\$2.00
¼ ounce thyme, leaves picked	Mon, Wed, Fri, Sat	\$1.00
1-2 tablespoons maple syrup, optional	Mon, Wed, Fri, Sat	\$1.00 (\$9.95 per half pint)
	<b>Total Price:</b>	<b>\$7.00</b>

*\*Item available seasonally at your local Greenmarket. Prices and product availability are subject to change based on producer and seasonality.*

### Directions:

1. Place sweet potatoes in a medium pot. Add a pinch of salt and just enough water to cover potatoes. Cover with a lid and bring to a boil. Lower heat and let simmer, uncovered, until very tender, about 10 minutes.
2. Meanwhile, combine oil and shallots in a skillet and sauté on medium-low heat until tender, about 5 minutes. Stir in thyme and sauté for 1 minute, until fragrant, then stir in maple syrup, if using. Turn heat off and cover.
3. When potatoes are tender, reserve ¼ cup of cooking liquid and drain potatoes. Return to pot along with reserved liquid and ½ teaspoon sea salt. Mash until smooth.
4. Add shallots to mashed sweet potatoes; stir to combine.

For over 40 years GrowNYC's Greenmarket staff, volunteers and farmers have been working together to promote regional agriculture, preserve farmland and ensure a continuing supply of fresh, local produce for all New Yorkers. To learn more about GrowNYC's Greenmarket, gardening, recycling and education programs, visit [www.growNYC.org](http://www.growNYC.org).

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