

Roasted Garlic Mashed Sweet Potatoes

Serves: 4 to 6 Preparation Time: 10 minutes Cooking Time: 60 minutes

Ingredients

- 1 large head of garlic
- 1 tablespoon of olive oil
- 2 pounds of sweet potatoes
- 1/2 cup of unsweetened, unflavored soy milk or a non-dairy milk of your choice
- 4 tablespoons of vegan butter
- Salt and ground pepper to taste

Watch how to make this dish online

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Directions

1. Heat oven to 350 degrees Fahrenheit (F).
2. Turn the garlic head on its side and carefully cut off the top to expose the cloves. Throw away the top. Place the head of garlic on a sheet of tinfoil with the cut side up and drizzle with olive oil. Add salt and pepper on top of the olive oil. Wrap the garlic bulb tightly in the tinfoil and place it on a baking sheet.
3. Wrap each sweet potato individually with tinfoil and place next to the garlic on the baking sheet.
4. Bake the potatoes and the garlic in the oven for 60 minutes.
5. While the sweet potatoes and garlic are roasting, heat the vegan butter and soy milk in the microwave for 30 seconds at a time. Checking after each time until the butter is melted.



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6. Remove the potatoes and garlic from the oven and set aside. The potatoes should be tender (soft). The garlic should also be soft, fragrant, and slightly caramelized (brown in color).
7. Unwrap the sweet potatoes and carefully peel them. Throw away the skin. Add the flesh (the orange part) of the sweet potato to a large bowl. Squeeze the garlic head, cut side down, into the bowl to release the cloves.
8. Pour the warm milk and melted butter over the sweet potatoes and garlic. Whisk or mash the ingredients together until smooth and fluffy. Add salt and pepper to taste and mix well.
9. Transfer to a serving bowl and serve warm.

Meal Prep Tip:

This is a great dish to make ahead of time. After the potatoes are cooked and mashed, spoon them into an oiled casserole dish or cake pan. Cover it and refrigerate for up to 24 hours, until ready to eat. To reheat, bake in a 250-degree oven or microwave until heated through.

About the MSK Ralph Lauren Center

Established in 2003 as a model of high-quality compassionate care, the MSK Ralph Lauren Center (RLC) serves the Harlem community and beyond in a warm and welcoming environment. To make an appointment for a cancer screening please call **212-987-1777** or visit [MSK.org/RalphLaurenCenter](https://www.mskcc.org/RalphLaurenCenter)

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