



FROM THE KITCHEN OF: TERRY PEAK  
TECHNICAL RECRUITER - JSG JACKSONVILLE

# SPICED SWEET POTATO MASH

## INGREDIENTS

1 (24 oz) package mashed sweet potatoes

1 medium sweet red apple

1 tablespoon fresh Italian parsley, finely  
chopped

1 teaspoon garam masala  
(or ground cinnamon)

## INSTRUCTIONS

Prepare potatoes following package instructions. Grate apple (about 1 cup); squeeze liquid from apple and drain. Chop parsley.

Stir garam masala and apples into potatoes until combined. Top with parsley; serve.

"EVERY SINGLE DIET I EVER FELL OFF OF WAS BECAUSE OF POTATOES AND GRAVY OF SOME SORT."

- DOLLY PARTON

