



# Roasted Sweet Potatoes with Two Compound Butters

8 Servings • 1 Serving =  $\frac{1}{8}$  Sweet Potato with  $\frac{1}{2}$  Tablespoon Compound Butter

## INGREDIENTS

- 4 medium-sized sweet potatoes,
- Either maple cinnamon compound butter or curry lime compound butter ingredients

For maple cinnamon compound butter:

- $\frac{1}{4}$  cup unsalted butter, softened
- 1 Tablespoon maple syrup
- $\frac{1}{2}$  teaspoon ground cinnamon

For the curry lime compound butter:

- $\frac{1}{4}$  cup unsalted butter, softened
- 1 teaspoon curry powder
- 1 teaspoon lime zest (from about  $\frac{1}{2}$  lime)
- Course sea salt, to taste

## DIRECTIONS

1. Preheat the oven to 425°F. Wash and scrub the sweet potatoes. Dry well and then prick all over with a fork. Line a baking sheet with foil and place the sweet potatoes on top. Roast sweet potatoes for 45 minutes - 1 hour, depending on their size. They should be fully softened and oozing from the fork pricks.
2. Meanwhile, prepare your preferred flavor of compound butter. Place the softened butter in a medium-sized bowl. For the maple cinnamon version, add maple syrup and ground cinnamon to the butter. For the curry lime version, add curry powder, lime zest, and salt. Mix well with a silicone spatula.
3. Lay a piece of plastic wrap on a clean counter, about the size of a piece of notebook paper. Place the prepared butter in the shape of a log along the bottom of the piece of plastic, leaving about an inch of overhanging plastic. Lift the overhanging piece of plastic and roll the butter like a burrito or sandwich wrap. Squeeze out any air pockets and fold the ends. Place the butter in the refrigerator to harden.
4. Once the potatoes are cooked, remove them from the oven and let cool about 15 minutes. Slice them in half length-wise and place 1 Tablespoon of butter on top.

## Nutrition Facts

8 servings per container  
Serving size  $\frac{1}{2}$  sweet potato with  $\frac{1}{2}$  Tbsp butter

Amount per serving

**Calories** **100**

% Daily Value\*

Total Fat 6g 8%

Saturated Fat 3.5g 18%

Trans Fat 0g

Cholesterol 15mg 5%

Sodium 140mg 6%

Total Carbohydrate 12g 4%

Dietary Fiber 2g 7%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 23mg 2%

Iron 0mg 0%

Potassium 272mg 6%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. A diet of 2,000 calories a day is used for general nutrition advice.

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