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kidstir®

# Yam Slam

Mash up a scrumptious side



**hands-on time:** 20 minutes

**start-to-eat time:** 60 minutes

## ingredients

### tools:

- vegetable peeler
- knife & cutting board
- measuring cups
- cooking pot
- potato masher

### kids kitchen skills:

- peeling
- measuring
- cooking at the stove
- mashing


- 3 large sweet potatoes
- 2 or more roasted garlic cloves (optional)
- 1/2 cup cream
- 1 tablespoon butter
- 1/2 cup grated fresh Asiago or Parmesan cheese
- 1 to 2 teaspoons salt
- 1/2 to 1 teaspoon pepper
- Fresh thyme

**Makes 6 to 8 Servings**

**This Thanksgiving, get the kids to help you with the cooking. Mash up a scrumptious side dish with this recipe. Give it some extra flavor by adding roasted garlic, if you'd like.**


Grown-up steps and notes

### step-by-step instructions

 A grown-up can help peel the yams. Then, slice them into 1-inch chunks. Place in a cooking pot and cover with water. Add a few sprigs of fresh thyme.

Hole punch to fit in your cookbook!

Cut out to fit in your cookbook!

 Bring the potatoes to a boil, then lower the heat and cook until soft, about 20 minutes. Turn off the stove, drain the water, and remove the thyme.

3. Add the cheese, cream, roasted garlic, butter, salt, and pepper. Mash it with a potato masher. Give it a taste test. Need more salt, garlic, or cheese?

4. Keep tasting and customizing the flavor until you are happy with the taste. Garnish with snipped fresh thyme. Serve warm.

