

Roasted Sweet Potato Mash with Caramelized Onions

5-6 sweet potatoes, washed
extra virgin olive oil to taste
1 large sweet onion, thinly sliced
2 tablespoons light brown sugar
sea salt and cracked black pepper to taste
1/4 to 1/2 cup heavy cream
2-3 tablespoons butter
pinch ground cinnamon or to taste
chopped parsley to taste

Method: pre-heat oven to 400 degrees. Place potatoes on a baking sheet and drizzle with olive oil and season to taste. Cook until tender about 45 minutes. Meanwhile, heat 2 tablespoons olive oil in a large skillet over medium-low heat. Add sliced onions and brown sugar; stir occasionally, until the onions caramelize and turn a deep golden brown, about 10-12 minutes. When potatoes are done remove from heat and let cool slightly. Cut potatoes and scoop out flesh into a food processor for smooth consistency or large bowl for chunky. Add cream, butter, cinnamon and mix well. Season to taste. Spoon caramelized onions on top. Drizzle with extra virgin olive oil, chopped parsley and sprinkle with sea salt before serving.