February is National Sweet Potato Month! Sweet potatoes are high in beta carotene, which is good for your eyes!

Ingredients:
- 1 lb of Sweet Potatoes, cubed
- 2 cloves of garlic, minced
- 1 Tbsp of Olive Oil
- Salt & Pepper

Directions:
1. Wash, peel and cube potatoes.
2. Mince garlic.
3. Place potatoes and garlic in a pot.
4. Add 3 quarts of water and bring to a boil over high heat.
5. Once it comes to a boil, reduce heat to low and let it simmer until the vegetables are tender. This generally takes around 15 minutes.
6. Drain out water. Add olive oil and mash veggies.
7. Salt and pepper to taste

Enjoy!