

Buttered Sweet Potato Knot Rolls

Ingredients

- 1 package dry yeast (about 2 1/4 teaspoons)
- 1 cup warm 2% reduced-fat milk
- 3/4 cup canned mashed sweet potatoes
- 3 tablespoons butter, melted and divided
- 1 1/4 teaspoons salt
- 2 large egg yolks, lightly beaten
- 5 cups bread flour, divided
- Cooking spray



Method

1. Dissolve yeast in milk in a large bowl; let stand 5 minutes.
2. Add sweet potatoes, 1 tablespoon butter, salt, and egg yolks, stirring mixture with a whisk.
3. Lightly spoon flour into dry measuring cups; level with a knife. Add 4½ cups flour; stir until a soft dough forms.
4. Turn dough out onto a floured surface. Knead until smooth and elastic (about 8 minutes); add enough of remaining flour, 1 tablespoon at a time, to prevent dough from sticking to hands (dough will feel very soft and tacky).
5. Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place free from drafts, 45 minutes or until doubled in size. (Gently press 2 fingers into dough. If indentation remains, dough has risen enough.)
6. Punch dough down. Cover and let rest 5 minutes.
7. Line 2 baking sheets with parchment paper. Divide dough into 24 equal portions. Working with 1 portion at a time (cover remaining dough to prevent drying), shape each portion into a 9-inch rope. Carefully shape rope into a knot; tuck top end of knot under roll. Place roll on a prepared pan.
8. Repeat procedure with remaining dough, placing 12 rolls on each pan. Lightly coat rolls with cooking spray; cover and let rise 30 minutes or until doubled in size.
9. Preheat oven to 400°.
10. Uncover rolls. Bake at 400° for 8 minutes with 1 pan on bottom rack and 1 pan on second rack from top. Rotate pans; bake an additional 7 minutes or until rolls are golden brown on top and sound hollow when tapped.
11. Remove rolls from pans; place on wire racks. Brush rolls with 2 tablespoons butter. Serve warm or at room temperature.

Notes

Calories per serving:	134	Calories from fat:	17%
Fat per serving:	2.6g	Saturated fat per serving:	1.2g
Monounsaturated fat per serving:	0.7g	Polyunsaturated fat per serving:	0.3g
Protein per serving:	4.3g	Carbohydrates per serving:	23g
Fibre per serving:	0.9g	Cholesterol per serving:	22mg
Iron per serving:	1.4mg	Sodium per serving:	147mg
Calcium per serving:	21mg		