

Quick Sweet Potato Pie

1 cup fresh sweet potatoes (yams), cooked and mashed, or 1 (15 oz) can sweet potatoes
2 tbsp. light margarine
1 large egg
1/2 cup light brown sugar
1/4 tsp. ground cinnamon
1/4 tsp. ground nutmeg
1/4 cup evaporated skim milk
1 tsp. vanilla
1 9-inch unbaked pie shell

Preheat oven to 375 degrees. In mixing bowl, beat together mashed sweet potatoes, margarine, egg, brown sugar, cinnamon, nutmeg, skim milk and vanilla until creamy. Pour mixture into pie shell. Bake 40-45 minutes or until set. Makes 8 servings.

Per serving: CAL 279.1 (42% from fat); FAT 13.2g; PROTEIN 4.043g; CARB 36.38g; SODIUM 261mg

* Created by Louisiana Sweet Potato Commission spokesperson, Holly Clegg.

From the website www.sweetpotato.org