

Yam Pecan Pie

1 refrigerated 9-inch pie crust
1 (15?ounce) can yams (sweet potatoes) drained and mashed (about 1 cup) or 1 cup fresh yams (sweet potatoes), cooked and mashed
2 large eggs, divided
1/4 cup light brown sugar
1/2 tsp. cinnamon
1/4 tsp. nutmeg
3 large egg whites
2/3 cup dark corn syrup
1/2 cup sugar
2 tsp. vanilla extract
2/3 cup pecans, chopped

Preheat oven to 350 degrees. Lay pie crust in a 9 inch pie dish. In a mixing bowl, blend together the yams, 1 egg, brown sugar, cinnamon, and nutmeg. Spread evenly on bottom of pie crust. In a mixing, bowl, beat together the remaining egg, egg whites, corn syrup, sugar, and vanilla until mixture is frothy. Stir in pecans. Carefully spoon over yam layer. Bake for 50 to 60 minutes or until filling is set around edges or until a knife inserted halfway between the center and edge comes out clean. Cool and serve. Makes 8 servings.

Per serving: CAL 338 (42% from fat); FAT 17g; PROTEIN 3g; CARB 47g; CHOL 32mg; SODIUM 249mg

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

From the website www.sweetpotato.org