

An Easy Dessert That's Good For You

(NAPS)—Sweet potatoes (yams) are not only delicious, but are good for you, too. They contain vitamins A, C and B6, beta-carotene, iron, potassium and fiber. Sweet potatoes are also low in fat and sodium. In fact, the Center for Science in the Public Interest (CSPI) named sweet potatoes the #1 most nutritious vegetable. Which means you can eat a dessert made with sweet potatoes and feel good about it.



Easy to make, easy to like!

Sweet Potato Cheesecake

- 2 (8 oz.) packages light cream cheese**
- 1 cup nonfat plain yogurt**
- 1 (15 oz.) can sweet potatoes (yams), drained and mashed or 1 cup fresh sweet potatoes, cooked and mashed**
- 1½ cups dark brown sugar**
- 1 large egg**
- 1 large egg white**
- 2 tsp. vanilla extract**
- 1 (9 in.) prepared reduced fat graham cracker crust**

Blend cream cheese and yogurt on medium speed until creamy. Add sweet potatoes and brown sugar; mix well. Add egg and egg white; beat on low after each addition. Blend in vanilla. Spoon mixture into crust. Bake at 350 degrees F for 45 to 50 minutes or until set. Remove from oven and cool. Refrigerate 2 hours or until chilled. Makes 10 to 12 servings.

For more yam recipes and nutritional facts, visit the Louisiana Sweet Potato Commission Website at www.sweetpotato.org.