



## Upside Down Pear Yam Cake

### Ingredients:

3 fresh pears, cored, peeled and sliced thin (about three cups)  
40 caramels, unwrapped  
1 tbsp. margarine  
1/3 cup skim milk  
1 (18.25 oz.) box Reduced Fat Yellow Cake Mix  
1 (15 oz.) can sweet potatoes (yams), drained and mashed or 1 cup fresh sweet potatoes, cooked and mashed  
1 tsp. ground cinnamon  
1/2 tsp. ground nutmeg  
1/4 cup canola oil  
1 1/3 cups water  
1 large egg  
3 large egg whites

Preheat the oven to 350 degrees. Coat a 13x9x2-inch baking pan with nonstick cooking spray and dust with flour. Slice the pear halves and arrange along the bottom of the pan. In a small saucepan or the microwave, combine the caramels, margarine and milk. Place over a low heat or in the microwave until melted and smooth. Pour the mixture evenly and carefully over the pears. In a large mixing bowl, combine the cake mix, mashed yams, cinnamon, nutmeg, oil, water, egg and egg whites, mixing until well-blended. Spoon the yam batter evenly over the pears. Bake for 35 to 40 minutes or until a toothpick inserted in the center comes out clean. Cool 5 minutes and go around the edges with a knife. Invert onto a large serving platter and serve hot. Makes 18 servings.

**Serving Size:** 18 servings

**Cook Time:** 40 minutes

**Credits:** Holly Clegg