

Sweet Potato Pie

A delicious holiday favorite. You can use canned sweet potato if you don't have time to roast and mash your own.

Makes: 8 servings

Ingredients

- 4 large egg whites
- ¼ cup fresh orange juice
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- ¼ teaspoon ground allspice
- ¾ cup packed brown sugar
- ½ teaspoon orange zest
- ½ cup milk
- 2 tablespoons unsalted butter, melted
- 1 pinch salt
- 2 cups roasted sweet potatoes, mashed (or canned without syrup)
- 1 unbaked pie crust, 9-inch



Directions

1. Preheat oven to 350°F.
2. Beat egg whites well in a mixing bowl.
3. Add orange juice, spices, brown sugar, orange zest, milk, butter, and salt.
4. Add mashed sweet potatoes and mix thoroughly.
5. Pour into pie shell and bake for 1 hour or until firm.

Recipe from: *Opening the Door to Good Health Cookbook: Healthy Recipes from Around the World*, Ohio Commission on Minority Health, adapted by the USDA Food and Nutrition Administration.

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