

BEYOND HUNGER

Lightened-Up Sweet Potato Pie

We're bringing a taste of the South to Chicago with this spiced sweet potato pie recipe. This traditional holiday dessert is sure to add a warm, baked aroma to your kitchen and a smile to you and your family members' faces!

Yield: One 9-inch pie (8 slices)

Ingredients

- 1 ½ cup **canned sweet potatoes**
- ½ cup **sugar**
- 1 **large egg**
- 4 tbsp (1/2 stick) **butter**, softened
- ¼ cup **condensed milk**
- 1 tsp **vanilla extract**
- ¼ tsp **ground cinnamon**
- ¼ tsp **ground nutmeg**
- Pinch **salt**
- 1 unbaked **9-inch pie shell**, homemade or store-bought

1. Preheat the oven to 300°F.
2. In a large bowl combine sweet potatoes, sugar, eggs, butter, condensed milk, vanilla, cinnamon, nutmeg, and salt. Beat until thoroughly blended and smooth. Pour the mixture into the pie shell and allow to stand for 15 minutes before baking.
3. Bake until a toothpick inserted in the center comes out clean, about 1 hour. Cool before serving.

Per Serving: Calories 287, Carbohydrates 34 g, Protein 3.5 g, Saturated Fat 6 g, Sodium 165 mg, Fiber 1 g, Sugars 18 g

This recipe is featured in the December 2021 issue of Beyond the Kitchen and was adapted from Foodnetwork.com

