

Sweet Potato Pie



- 1 unbaked pie crust (9-inch)
- 2 cups mashed sweet potatoes
- 2 large eggs, beaten
- 3/4 cup sugar
- 1/2 teaspoon salt
- 1 teaspoon cinnamon
- 1/2 teaspoon ginger
- 1/4 teaspoon cloves
- 12-ounces evaporated fat-free milk

1. Preheat oven to 425°F.
2. Combine sweet potatoes, sugar, cinnamon, salt, ginger and cloves. Add eggs and mix well. Gradually stir in evaporated milk. Pour into pie shell.
3. Bake for 15 minutes. Reduce temperature to 350°F; bake for 40 to 50 minutes or until knife inserted near center comes out clean. Refrigerate until chilled, at least 4 hours. Refrigerate leftover pie.

Yield: 8 servings.

Nutrition Facts		
Serving Size: 1/8 recipe		
Servings per recipe: 8		
Amount Per Serving		
Calories 288	Calories from fat 63	
		% Daily Value
Total Fat 7		11%
Saturated fat 2g		10%
Cholesterol 48mg		16%
Sodium 390mg		16%
Carbohydrate 49g		16%
Dietary Fiber 2g		7%
Protein 7g		14%
Vitamin A: 198%	Vitamin C: 7%	Folacin: 5%
Calcium: 16%	Iron: 9%	Potassium: 9%

Source: Modified from original source: Libby's Famous Pumpkin Pie

Oklahoma Gardening

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Freezing Sweet Potatoes

- Choose medium to large sweet potatoes that have been cured for at least one week. Sort according to size and wash.
- Cook until almost tender in water, steam, a large pressure cooker or the oven. Let stand at room temperature until cool.
- Peel sweet potatoes and mash. To keep from darkening, mix 2 tablespoons orange or lemon juice with each quart of mashed sweet potatoes.
- Pack into containers, leaving 1/2-inch headspace. Seal and freeze.

Source: "So Easy To Preserve," 4th edition (1999) Bulletin 989, University of Georgia

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