

Mock-Southern Sweet Potato Pie

From the National Heart, Lung and Blood Institute

<http://www.nhlbi.nih.gov/health/resources/heart/syah-html/swpotpie>

Ingredients

- 1 ¼ cups flour
- ¼ tsp sugar
- 1/3 cup skim milk
- 2 Tbsps vegetable oil

Filling

- 1/4 cup white sugar
- ¼ cup brown sugar
- ½ tsp salt
- ¼ tsp nutmeg
- 3 large eggs, beaten
- ¼ cup evaporated skim milk, canned
- 1 tsp vanilla extract
- 3 cups sweet potatoes (cooked and mashed)

Instructions

1. Preheat oven to 350° F.
2. Combine the flour and sugar in a bowl.
3. Add milk and oil to the flour mixture.
4. Stir with fork until well mixed and then form pastry into a smooth ball with your hands.
5. Roll the ball between two 12-inch squares of waxed paper using short, brisk strokes until pastry reaches edge of paper.
6. Peel off top paper and invert crust into pie plate.

Filling

1. Combine sugars, salt, spices, and eggs.
2. Add milk and vanilla. Stir.
3. Add sweet potatoes and mix well.
4. Pour mixture into pie shell.
5. Bake for 60 minutes or until crust is golden brown. Cool and cut into 16 slices.

Makes 16 servings

Serving Size: 1 slice

Nutrition information per serving

Calories: 147	Dietary Fiber:
Total Fat: 3 g	Sodium: 98 mg
Saturated Fat: <1 g	Protein:
Cholesterol: 40 mg	Carbohydrates:



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