

## Sweet Potato Pie

### Ingredients:

3 cups sweet potatoes, cooked, skin removed and mashed  
 3 large eggs, beaten  
 1/4 cup sugar  
 1/4 cup brown sugar  
 1/2 teaspoon salt  
 1/4 teaspoon nutmeg  
 1/4 cup evaporated skim milk  
 1 teaspoon vanilla extract  
 1 pie crust (9 inch)

### Equipment:

Mixing bowl  
 Spatula  
 Measuring cups  
 Measuring spoons

Number of Servings: 8  
 Prep Time: 10 minutes  
 Total Time: 1 hour & 10 minutes

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### Nutrition Facts

Serving Size: 1 slice

Servings: 8

Amount Per Serving		%Daily Value*
Calories 230	Calories from Fat 72	
Total Fat 8g		13%
Saturated Fat 2g		2%
Cholesterol 80mg		27%
Sodium 323mg		13%
Total Carbohydrate 34g		11%
Dietary Fiber 2g		8%
Protein 5g		10%
Vitamin A 202%	Vitamin C 19%	
Iron 7%	Calcium 6%	

\*Percent Daily Values are based on a 2,000 calorie diet.

### Directions

1. Preheat oven to 350F.
2. Wash sweet potatoes and place in saucepan. Cover with water and bring to a boil. Reduce heat and cook until tender, about 20 minutes. Drain.
3. After sweet potatoes have cooled, peel skin off and mash. Measure three cups, save rest for other uses. Set aside.
4. Tap egg on side on a hard surface to crack. Pull apart and empty into a small bowl. Check for freshness. If it is OK, add to bowl. Repeat for remaining eggs. Beat eggs lightly to mix white and yolk together. Be sure to wash hands after handling eggs.
5. To measure brown sugar, use a 1/4 cup measuring cup, and add brown sugar and pack in cup until sugar is level with top of cup. Add to bowl with eggs.
6. Add sugar, salt, and nutmeg. Mix together. Add milk and vanilla. Stir. Add sweet potatoes and mix well. Pour mixture into pie shell.
7. Bake for 60 minutes or until crust is golden brown. Cool and cut into 8 slices.

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The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.

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