

Souffled Sweets

Sodium Per Serving – 35mg

Serves 8

4 red-skinned sweet potatoes or yams (about 2 pounds)*

3 tbsp unsalted margarine or butter

1/4 cup orange juice

1/4–1/3 cup sugar or sugar substitute*

2 tsp (or 2 envelopes) LS chicken bouillon granules

1 tsp vanilla extract

1/4 tsp garlic or onion powder

1/8 tsp ground white pepper

3 egg whites, beaten until stiff peaks form

1. Preheat oven to 400°F (200°C). Coat a 2-quart casserole or baking dish with nonstick cooking spray.
2. Pierce potatoes in several places with a fork; place on baking sheet and bake for 45 to 50 minutes, or until soft. Remove and let cool slightly.
3. Reduce oven temperature to 350°F (180°C).
4. Once potatoes are cool enough to handle, peel and mash; mix in margarine. Stir in orange juice, sweetener, bouillon, vanilla, garlic powder, and white pepper. Potatoes should have the consistency of mashed potatoes; if too dry, add more orange juice.
5. Gently fold in egg whites; pour into the prepared baking dish. Bake, uncovered, for 30 to 35 minutes, until top begins to turn golden brown.

NUTRITIONAL INFO PER SERVING: Calories 207, Fat 3g (Saturated Fat 1g), Cholesterol 0mg, Carbohydrates 41g (Fiber 6g, Sugar 2g), Sodium 35mg

*Recipe Notes

1. Even though similar, sweet potatoes and yams are from different species. In the U.S. there are two common sweet potatoes: a pale skinned and a darker orange variety. Although the latter is called a yam, to the rest of the world, it's a sweet potato.

You can use canned sweet potatoes, although freshly baked taste best. If using canned, there is no need to cook them first.

6. If using a sugar substitute, the amount needed differs depending on the sweetener used. Check label for equivalent amounts.