

## COMMENTS:

**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.

Canned sweet potatoes may be used, although freshly baked taste best. If using canned, there is no need to cook them first.

**2** To reduce saturated fat, use trans-free margarine. Since it contains sodium (90mg per tablespoon), it will increase the sodium per serving to 68mg.

**3** Because sugar substitutes differ from sugar in sweetness, the amount needed depends on the sweetener used:

Splenda and sugar -  $\frac{1}{3}$  cup

Fructose -  $\frac{1}{4}$  cup

For additional information, see Sweeteners, page 37.

## SOUFFLED SWEETS

Sodium Per Serving – 35mg

Serves 8

*This is a holiday favorite with our family, even the finicky eaters who love the slightly sweet, orange flavor.*

**4 red-skinned sweet potatoes or yams (about 2 pounds)<sup>1</sup>**

**3 tablespoons unsalted margarine or butter<sup>2</sup>**

**$\frac{1}{4}$  cup orange juice**

**$\frac{1}{4}$ – $\frac{1}{3}$  cup sugar substitute or sugar<sup>3</sup>**

**2 teaspoons (or 2 envelopes) low-salt chicken bouillon granules**

**1 teaspoon vanilla extract**

**$\frac{1}{4}$  teaspoon garlic or onion powder**

**$\frac{1}{8}$  teaspoon ground white pepper**

**3 egg whites, beaten until stiff peaks form**

▶ Preheat oven to 400°F (200°C). Coat a 2-quart casserole or baking dish with nonstick cooking spray.

▶ 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.

▶ Reduce oven temperature to 350°F (180°C).

▶ 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.

▶ 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*

### TOTAL SODIUM AND FAT PER INGREDIENT

#### Sodium:

2 lb sweet potatoes - 101mg

$\frac{1}{4}$  c orange juice - 1mg

2 t LS chicken bouillon - 10mg

3 egg whites - 165mg

#### Fat (Sat Fat):

2 lb sweet potatoes - 2mg (0mg)

3 T NSA margarine - 24mg (5mg)

or NSA butter - 36mg (24mg)