

Sweet Potato Custard

Sweet potatoes and bananas combine to make this flavorful, lowfat custard. Substitute this at your Thanksgiving table instead of a high-calorie sweet potato casserole.

1 c sweet potato, cooked, mashed
1/2 c banana (about 2 small), mashed
1 c evaporated skim milk
2 tablespoons packed brown sugar
2 egg yolks (or one-third cup egg substitute), beaten
1/2 teaspoon salt
1/4 c raisins
1 tablespoon sugar
1 teaspoon ground cinnamon
As needed, nonstick cooking spray

In medium bowl, stir together sweet potato and banana. Add milk, blending well. Add brown sugar, egg yolks, and salt, mixing thoroughly. Spray 1-quart casserole with nonstick cooking spray. Transfer sweet potato mixture to casserole dish.

Combine raisins, sugar, and cinnamon. Sprinkle over top of sweet potato mixture. Bake in preheated 325 degree F oven for 40 to 45 minutes, or until knife inserted near center comes out clean.

Makes 6 servings (one-half cup each). Each serving provides 160 total calories, 2 g saturated fat, 1 g cholesterol, 72 mg sodium (less if using egg substitute), 2 g fiber, 32 g carbohydrates.

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