

### THINGS TO KEEP IN MIND

If you need to follow a low-potassium diet, remember to soak the cubed potatoes prior to boiling them for at least 4 hours.

### INGREDIENTS:

- 3 sweet potatoes, about 1 ¼ pounds, cut in half lengthwise (makes about 2 cups, mashed)
- 1 (9 inch) frozen pie shell, homemade or store-bought
- 2 large eggs
- ½ cup of packed dark brown sugar
- 1 tsp of ground cinnamon
- 1 tsp of ground ginger
- ½ tsp of ground or freshly grated nutmeg
- 2 tbsp of unsalted butter, melted
- 1 can of 5 oz reduced-fat evaporated milk



# Sweet potato pie

## Directions

1. Preheat the oven to 350 °F. Bake and cool crust as directed on box.
2. Cube and peel the potatoes. In a medium pan, boil them for 20 minutes.
3. In a large bowl, mash the potatoes using a fork or potato masher. Add the eggs, one at a time, whisking until each is incorporated. Whisk in the brown sugar, cinnamon, ginger, nutmeg, and melted butter. Finally, whisk in the can of evaporated milk.
4. Pour pie mixture into pie crust. Bake for 45–55 minutes, or until the edges of the filling puff slightly and a toothpick inserted into the center comes out clean. If the pie crust starts to brown before the filling is done, cover the edges with strips of aluminum foil or a pie shield to prevent burning.
5. Cool and serve. Set the pie on a rack to cool. Serve at room temperature with whipped cream, if you'd like.