

Sweet Potato Casserole

1-pound sweet potatoes (about 4 medium)

3 egg whites

½ cup sugar

1 can (12 oz.) nonfat evaporated milk

1 Tablespoon vanilla extract

1 teaspoon cinnamon

½ teaspoon nutmeg

½ teaspoon ginger

Rinse sweet potatoes in cold running water and pierce with a fork. Microwave sweet potatoes on full power until tender, about 15 minutes. Turn them halfway during baking.

Preheat oven to 400 degrees. Remove skin from sweet potatoes and mash with a hand mixer. Add the rest of the ingredients and mix until smooth.

Pour mixture in an 8-inch square baking pan. Bake until casserole is firm in the center, about 40 minutes. Remove pan from oven. Allow to stand for 5 minutes then cut into 10 squares. Serve hot. Refrigerate leftovers.

Yield: 10 servings

*Note: You may use canned sweet potatoes instead of raw potatoes.

Nutrition Information per Serving: Calories-110, Total Fat-0 g, Protein-4 g, Carbohydrates -24 g,

Fiber-2 g, Sodium-80 mg