

## FEATURED RECIPE:

# Sweet Potato Custard

### *Ingredients*

- 1 cup sweet potato, cooked, mashed
- 1/2 cup banana (about 2 small), mashed
- 1 cup evaporated skim milk
- 2 tablespoons packed brown sugar
- 2 egg yolks (or 1/3 cup egg substitute\*), beaten
- 1/2 teaspoon salt
- 1/4 cup raisins
- 1 tablespoon sugar
- 1 teaspoon ground cinnamon
- As needed, nonstick cooking spray

### *Directions*

1. In medium bowl, stir sweet potato and banana. Add milk, blending well.
2. Add brown sugar, egg yolks, and salt, mixing thoroughly.
3. Spray 1-quart casserole with nonstick cooking spray. Transfer sweet potato mixture to casserole dish.
4. Combine raisins, sugar, and cinnamon. Sprinkle over top of sweet potato mixture.
5. Bake in preheated 325° F oven for 40-45 minutes, or until knife inserted near center comes out clean.

### **Makes 6 (1/2 cup) servings**

Per serving: 160 calories, 2 g total fat, 1 g saturated fat, 32 g carbohydrate, 5 g protein, 2 g dietary fiber, 255 mg sodium

*\*If using egg substitute, cholesterol will be lower.*

*Source: NIH The Heart Truth Publication*

