



## Sweet Potato Pie

Makes 1 pie (8 servings)



Washington Farmers  
Market Nutrition Program

### Ingredients:

- 2 cups cooked, mashed orange sweet potato (*about 1 large potato*)
- 2 teaspoons margarine
- 1/2 cup egg substitute
- 1/4 cup firmly packed brown sugar
- 1 tablespoon molasses
- 3/4 cup evaporated skim milk
- 1/8 teaspoon nutmeg
- 1/2 teaspoon cinnamon
- 1/4 teaspoon ground ginger
- 1 prepared pie crust

### Directions:

1. Preheat oven to 350° F.
2. Combine all ingredients. Mix well and pour into prepared pie crust.
3. Bake 45 to 55 minutes. The filling should be set all the way when you shake it gently. If the crust starts getting too brown, cover with strips of aluminum foil. Allow to cool to room temperature before serving.



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Nutrition Facts	
Serving size: 1/8 of recipe (91g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories</b> 180	Cal. from Fat 62
% Daily Value*	
<b>Total Fat</b> 7g	<b>10%</b>
Saturated Fat 1g	<b>6%</b>
<b>Cholesterol</b> 1mg	<b>0%</b>
<b>Sodium</b> 175mg	<b>8%</b>
<b>Total Carbohydrate</b> 25g	<b>8%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 8g	
<b>Protein</b> 5g	
Vitamin A 110%	Vitamin C 10%
Calcium 10%	Iron 8%
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

## Sweet Potato Pie

### Is it a sweet potato or yam?

Sweet potatoes and yams are often confused. They are actually two unrelated vegetables. People began calling sweet potatoes “yams” in the Southern United States. To make further confusion, *canned* sweet potatoes are labeled as yams.

### How can you be sure to pick out a sweet potato?

Typically the orange fleshed sweet potatoes are labeled as yams in the produce section. Look for darker, rust colored skin and orange fleshed potatoes such as varieties like **Jewel** or **Garnet**. There is also a pale sweet potato with thin, light yellow skin and pale-yellow flesh.

This material funded by USDA's Food Stamp Program; the Farmers Market Nutrition Program; and Washington State University. Washington State University is an equal opportunity provider and employer.

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