Recipe:

Sweet potato cheesecake

Try this twist on the classic pumpkin pie. The natural sweetness of sweet potatoes means less sugar is needed to enjoy this delicious dessert.

INGREDIENTS

1 cup gingersnaps or graham crackers (finely crumbled)

3 tablespoons butter

8 ounces cream cheese (light, softened)

1 cup sweet potatoes (cooked, mashed)

1/3 cup sugar

1-1/2 teaspoons pumpkin pie spice

1 teaspoon grated orange peel

1 teaspoon vanilla

5 egg whites

1 cup milk (evaporated, reduced-fat 2%)

DIRECTIONS

Crust: Combine crumbs and butter. Press mixture into bottom and 1 inch up sides of an 8-inch springform pan. Set aside.

Filling:

1. In a large mixing bowl, beat cream cheese, sweet potatoes, egg whites, sugar, pumpkin pie spice, orange peel, and vanilla until combined. DO NOT OVER BEAT.
2. Stir in milk. Carefully pour into prepared pan.
3. Bake at 350 degrees for 60-70 minutes until the center appears set.
4. Cool on a wire rack for 45 minutes. Cover and chill thoroughly.
5. Remove sides of pan.
6. Garnish with dessert topping and orange peel.

Nutrition Information: (14 servings). Per serving: 139 kcals, 6g total fat, 3g saturated fat, 137 mg sodium, 17g carbohydrates, 1 g dietary fiber, 5 g protein.

Source: U.S. Department of Agriculture

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