

SPIRITED SWEET POTATOES

SOURCE: GRANDMA'S KITCHEN

INGREDIENTS:

2.5 lbs sweet potatoes
2 TBS butter, softened
1/3 C milk
1/4 C firmly packed brown sugar
2 TBS bourbon OR apple juice
1 tsp cinnamon
1 tsp vanilla extract
2 egg whites
1/2 tsp salt
1/3 C chopped pecans
Pecan halves (optional for garnish)

DIRECTIONS:

Preheat oven to 375° F. Bake potatoes till very tender (about 50-60 minutes) – remove from oven – let cool 10 minutes – leave oven on.

Scoop pulp from potatoes into large bowl – discard potato skins.

Add butter to bowl – mash till potatoes are fairly smooth and butter has melted – stir in milk, brown sugar, bourbon, cinnamon + vanilla.

Beat egg whites in small bowl with electric mixer set at high speed till soft peaks form – add salt – beat till stiff peaks form – gently fold egg whites into sweet potato mixture.

Spray 1.5-qt soufflé dish with nonstick cooking spray – spoon sweet potato mixture into dish - top with pecans – bake till soufflé is puffed and pecans are toasted (about 30-35 minutes). Serve immediately.

Serves: 8