

Sweet Potato Bake

1 cup mashed, cooked sweet potato
½ cup mashed banana (about 2)
1 cup evaporated skim milk
¼ cup packed brown sugar
2 beaten egg yolks (or 1/3 cup egg substitute)
½ teaspoon salt
¼ cup raisins
1 tablespoon sugar
1 teaspoon ground cinnamon
Nonstick cooking spray

Directions:

1. In a medium bowl, stir together sweet potato and banana. Add milk, blending well. Add brown sugar, egg yolks, and salt, mix thoroughly.
2. Spray a 1-quart casserole with nonstick spray coating. Transfer sweet potato mixture to casserole.
3. Combine raisins, sugar, and cinnamon; sprinkle over top of sweet potato mixture. Bake in a preheated 300F oven for 45 to 50 minutes or until knife inserted near center comes out clean. Make 6 servings.

Nutrient Analysis, per serving: 144 calories, 19 g. carbohydrate, 6 g. protein, 2 g. fat, 235 mg. sodium, 92 mg. cholesterol, 1 g. fiber