

---

# Sweet Potato Bake

*Tarla Fallgatter, from a cooking class many years ago*

2 pounds sweet potatoes

1 large white potato

1 teaspoon sugar

1/2 teaspoon ground allspice

1/4 teaspoon cayenne, less if you're not sure

1/4 teaspoon salt

1/2 cup whole milk, or coconut milk if it would work with your menu

1 whole egg, beaten

Carolyn T's Blog - Tasting Spoons  
<http://tastingspoons.com>

## Servings: 6

*The white potato helps give the sweet potatoes a bit more firmness, or shape. Be careful of the cayenne - don't overdo it. I've never done a post about this recipe, but it's really good.*

1. Preheat oven to 375. Peel and cut up the white potato into 3-4 pieces. Place the potatoes and the whole sweet potatoes on a baking sheet and bake for 30-45 minutes, or until soft. Let cool slightly, then peel the sweet potatoes.
2. In a bowl mash both potatoes to a smooth puree with the sugar. Season with allspice, cayenne and salt. Stir the milk and egg into the mixture, mixing well. Pour into a baking dish and bake about 30 minutes, or until set.
3. If you want to be "fussy," scoop some of the potato mixture onto a large spoon, trying to make a large oval shape. Gently move (push) each spoonful onto the hot serving plate.

---

Per Serving (excluding unknown items): 159 Calories; 2g Fat (10.5% calories from fat); 4g Protein; 32g Carbohydrate; 4g Dietary Fiber; 38mg Cholesterol; 126mg Sodium. Exchanges: 2 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 0 Fat; 0 Other Carbohydrates.