

Your Just Desserts

A Yummy Yam Pecan Pie

(NAPSA)—How sweet it is—a scrumptious sweet potato, that is. One of nature's most versatile vegetables, the sweet potato, or yam, can be an easy addition to many meals—and a yummy way to include more vegetables in your family's diet.

For a tasty dessert, try adding sweet potatoes to pecan pie. You get the added benefits of this nutritious vegetable without foregoing flavor. This delicious pie is easy to prepare and can be made year 'round, either with fresh or canned sweet potatoes:

Yam Pecan Pie

Makes 8 servings



A thick, moist slice of sweet potato pecan pie may be a treat the whole family will love.

yams, 1 egg, brown sugar, cinnamon and nutmeg. Spread evenly on bottom of pie crust. In a mixing bowl, beat together remaining egg, egg whites, corn syrup, sugar and vanilla until mixture is frothy. Stir in pecans. Carefully spoon mixture over yam layer. Bake for 50 to 60 minutes until filling is set around edges or a knife inserted halfway between the center and edge comes out clean. Cool and serve.

For more yam recipes and nutritional facts, visit the Louisiana Sweet Potato Commission Web site at www.sweetpotato.org.

1 refrigerated 9-inch pie crust

1 (15 oz.) can yams (sweet potatoes) drained and mashed OR 1 cup fresh yams, cooked and mashed

2 large eggs, divided

¼ cup light brown sugar

½ tsp. cinnamon

¼ tsp. nutmeg

3 large egg whites

⅔ cup dark corn syrup

½ cup sugar

2 tsp. vanilla extract

⅔ cup pecans, chopped

Preheat oven to 350 degrees.

In a mixing bowl, blend together