

Sweet Potato Pecan Pie

HEALTHIER TRADITIONS COOKBOOK™

Soul Food

2 HOURS | SERVES 12

INGREDIENTS

- 1½ cups pecan halves
- 2 large sweet potatoes (about 1 lb), peeled and cubed
- 4 tablespoons unsalted butter
- ¼ cup packed brown sugar
- 2 tablespoons molasses
- 4 large eggs
- ¼ cup milk
- 1 teaspoon vanilla extract
- ½ teaspoon salt
- 1 teaspoon cinnamon
- 1 teaspoon orange zest
- 1 prepared or homemade pie crust

FOR HOMEMADE CRUST

- 1 cup whole wheat flour
- ½ teaspoon salt
- ⅓ cup cold butter
- 2–3 tablespoons ice water

DIRECTIONS

1. To make crust, sift together flour and salt and then cut in butter with a fork or fingers until forming pieces the size of peas. Add ice water, one tablespoon at a time, and mix until the dough forms a ball. Refrigerate for 30 minutes, until firm. Preheat oven to 425°F. Roll out crust on a floured surface and transfer to a 9-inch pie plate.
2. To blind bake, prick crust with fork several times to prevent bubbles from forming and bake for about 10 minutes, until crust begins to turn golden. Remove from oven and let cool.
3. To make pie, heat oven to 350°F. Spread pecans on rimmed baking sheet and toast in oven for about 6 minutes. Toss pecans about every 2 minutes to keep from burning. Set aside once toasted.
4. Place sweet potatoes in medium saucepot with about 2 cups water. Bring to a boil over high heat, and then cover with lid and reduce heat to simmer. Cook until potatoes are soft, about 15–20 minutes. Drain excess water and mash sweet potatoes over low heat. Add butter, brown sugar, and molasses to sweet potatoes. Remove from heat. In separate bowl, beat eggs, milk, vanilla, salt, cinnamon, and orange zest together. Slowly stir in sweet potato mixture.
5. Pour sweet potato filling into pie crust. Arrange pecans over filling. Place pie dish on large, rimmed baking sheet. Bake at 350°F until filling is set, about 20 minutes, watching to prevent pecans from burning. Remove pie from oven and cool before serving.

NUTRITION FACTS

305 calories, 22g fat, 7g saturated fat, 208mg sodium, 24g carbohydrate, 4g fiber, 9g sugar, 6g protein