Dinner, European

Fluffy Roasted Sweet Potato Souffle

Whole roasted sweet potatoes are mashed with orange juice, then folded with whipped egg whites and baked under a crumbly walnut topping.

95 min	170	26 g	6 g
time	calories	carbs	sugars



Vegetarian

Ingredients, 12 servings

- [ ] 1 spray, 0.25 gram nonstick cooking spray
- [ ] 3 lbs sweet potatoes (washed and dried)
- [ ] 1/4 cup plus 2 tbsp, divided use low-calorie brown sugar substitute
- [ ] 1/4 cup orange juice (low sugar or freshly squeezed)
- [ ] 1/2 tsp salt
- [ ] 1/4 cup ground flax seed
- [ ] 1/2 cup shelled walnut pieces
- [ ] 2 tbsp trans-fat-free margarine
- [ ] 6 large egg whites
- [ ] 1/4 tsp cream of tartar

Nutrition Facts

Per serving

Calories	**170**
Total fat	6 g
Saturated fat	0.5 g
Sodium	210 mg
Total carbs	26 g
Fiber	4 g
Total sugars	6 g
Protein	5 g

Method

- [ ] 1 Preheat the oven to 400 degrees Fahrenheit and coat a deep 8-inch round or square casserole dish with nonstick cooking spray.
- [ ] 2 Coat a baking sheet with nonstick cooking spray, arrange the whole sweet potatoes on it with the skins on, and coat them generously with more nonstick cooking spray. Bake for 50-60 minutes, until the largest one is tender when pierced with a paring knife or fork.
- [ ] 3 Peel the roasted sweet potatoes, then whisk or beat them in a large bowl with 1/4 cup of the low-calorie brown sugar substitute, the orange juice, and the salt. Set aside to cool.
- [ ] 4 Pulse the shelled walnut pieces, ground flax seed, and remaining 2 tbsp of low-calorie brown sugar substitute in a food processor until the mixture looks like wet sand. Add the trans-fat-free margarine and pulse briefly just to combine, without overmixing. Set aside.
- [ ] 5 Beat the egg whites with the cream of tartar in a large glass or metal bowl on medium speed with an electric mixer or a stand mixer whisk attachment, until soft peaks form with tips that curl over when the beaters are lifted.
- [ ] 6 Fold one third of the egg whites into the sweet potato mixture with a large flat rubber spatula until combined, then repeat in two more batches until all of the egg whites are incorporated.
- [ ] 7 Pour the mixture into the prepared casserole dish and scatter the walnut topping over the surface.
- [ ] 8 Bake at 400 degrees Fahrenheit for 20 minutes, then lower the oven to 350 degrees Fahrenheit and bake for 15 more minutes. Serve hot.

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