



SOUTH CAROLINA SWEET POTATO SOUFFLE

Ingredients	Measurements- 6 Servings	Directions
Sweet Potatoes	2 lbs	<p>Critical Control Point: Wash hands properly before beginning food preparations. 1. Preheat oven to 400°F. 2. Wash sweet potatoes, place on a parchment lined sheet pan. Cook in the oven until fork tender, approximately 60 minutes 3. Remove sweet potatoes from the oven, allow to cool slightly. Remove and discard sweet potato skins.</p> <p>4. In a large mixing bowl or electric mixer mash sweet potatoes. Then add the half & half, honey, raisins, nutmeg, ginger, salt and cinnamon. Whip with an electric mixer or whisk until fully incorporated. Spray hotel pan with cooking spray.</p> <p>5. Spread the sweet potato mixture in the prepared hotel pan. Bake until hot and beginning to brown around the edges, approximately 15 minutes.</p> <p>6. Serve ½ cup serving with 4 oz ladle.</p>
Honey	½ oz	
Raisins	3 oz	
Non-fat Half and Half	3 oz	
Nutmeg, ground	2/5 tsp	
Ginger, ground	2/5 tsp	
Salt	2/5 tsp	
Cinnamon, ground	2/5 tsp	

Nutrients Per Serving		
Calories: 204	Saturated Fat: 1.0 g	Iron: 1.4 mg
Protein: 3.9 g	Cholesterol: 4.5 mg	Calcium: 81.8 mg
Carbohydrate: 45.4 g	Vitamin A: 1466 RAE	Sodium: 218.0 mg
Total Fat: 1.8 g	Vitamin C: 30.1 mg	Dietary Fiber: 5.6 g



NORTH AND NORTHEAST



***Star denotes Ehrhardt, SC**

LR5 Purchases sweet potatoes from Gallop Farms

In Ehrhardt, SC, where they have been growing them for 50 years.