

Sweet Potato Mousse

(Makes 4 servings)

A mousse can be sweet or savory, like this lighter-than-air side dish. This recipe, from the Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook, is a perfect dish to add to your Thanksgiving spread. It can be made ahead of time and reheated in the microwave at 50 percent power for a minute or two. Here we use sweet potatoes and bake them in 6-ounce soufflé cups, but you can use a gratin or casserole and bake for about 30 minutes.

Ingredients:

- Refrigerated butter-flavored cooking spray
- One 8-ounce sweet potato, peeled and quartered
- 1 shallot, minced
- ½ teaspoon grated fresh ginger
- ¼ cup egg substitute, plus 1 egg white
- ¾ cup evaporated skim milk
- Freshly ground pepper
- ¼ teaspoon freshly grated nutmeg

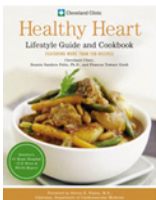
Directions:

- 1) Preheat the oven to 375°F. Spray four 6-ounce soufflé dishes with cooking spray. Bring a kettle of water to a boil and a separate pot of enough water to cover the sweet potatoes to a boil.
- 2) Cook the sweet potato in boiling water until very tender, 15 to 20 minutes. Drain. Place in a blender or food processor.
- 3) While the potato is cooking, coat a nonstick skillet with cooking spray. Add the shallot and ginger and sauté over medium heat until the shallot is very soft, 10 to 12 minutes. Place in the food processor with the potato. Add the remaining ingredients and process until smooth.
- 4) Pour the sweet potato mixture into the soufflé cups and set inside a larger baking pan positioned on the center rack of the oven; pour boiling water halfway up the sides.
- 5) Bake for about 20 minutes, until a knife inserted in the center comes out clean.
- 6) Remove from the water bath and allow to rest for 10 minutes. Serve warm.

Nutritional Analysis: (per serving / ¼ cup)

- Calories: 110 (7% calories from fat)
- Total Fat: 1 g
- Saturated Fat: 0 g
- Protein: 6 g
- Carbohydrates: 18 g
- Dietary Fiber: 1 g
- Cholesterol: 0 mg
- Sodium: 125 mg
- Potassium: 401 mg

Source:



This heart-healthy recipe and more than 150 others are available from the nation's #1 heart center in the "Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook" (© 2007 Broadway Books).

The cookbook is available in bookstores or online from Randomhouse.com, BN.com or Amazon.com.