



aprons

Sweet Potato Spoon Bread



INGREDIENTS

- 2 1/2 cups whole milk
- 6 tablespoons unsalted butter
- 1/2 teaspoon kosher salt
- 1/2 teaspoon pepper
- 1/2 teaspoon ground red pepper
- Cooking spray
- 1 package refrigerated mashed sweet potatoes (20–24 oz)
- 5 large eggs (or 1 1/4 cups egg substitute)
- 1 package corn muffin mix (6–8.5 oz)
- 2/3 cup apple butter
- Small zip-top (or pastry) bag

STEPS

1. Preheat oven to 350°F. Place in large microwave-safe bowl: milk, butter, salt, and peppers; microwave on HIGH for 3–4 minutes or until warm and butter is melted. Remove from microwave and whisk to combine.
2. Coat 13- x 9-inch baking dish with spray. Combine in second large bowl: sweet potatoes, eggs, and corn muffin mix; slowly whisk in milk mixture until combined. Pour batter into prepared baking dish.
3. Place apple butter in zip-top bag, then seal bag and snip off one corner. Squeeze lines of apple butter lengthwise over batter (about 2 inches apart), then carefully drag a knife through batter vertically to create design.
4. Bake 40–45 minutes or until edges are golden and center is set. Cool 10 minutes before serving.

NUTRITIONAL INFORMATION

CALORIES (per 1/12 recipe) 250kcal; FAT 12.00g; SAT FAT 6.00g; TRANS FAT 0.50g; CHOL 110mg; SODIUM 330mg; CARB 29g; FIBER 0.00g; SUGARS 16g; PROTEIN 6g; CALC 10%; VIT A 0%; VIT C 0%; IRON 6%