

## Curried Sweet Potato & Cilantro Cheese Cups

(\*see dietary notes)

Recipe by: Chef Kelly Yorke



*Sweet potato casserole is commonly included at a Thanksgiving feast but the typical recipe it is so packed with calories, fat and sugar it would make more sense to serve it as a dessert. Instead, try this healthier and timely recipe for a different change of pace to your Thanksgiving side dish offerings this year.*

### Ingredients:

2 lbs.	Sweet Potatoes, raw, whole (about 4 large, 5-6 medium, or 6-8 small)
1/4 cup	Stevia Extract In the Raw
1/4 cup	Coconut milk
2 Tbsp.	Melt, Buttery Spread with Organic Virgin Coconut Oil, melted
1/2 tsp.	Salt
1 tsp.	Ginger root, grated or 1/4 tsp. powdered ginger
2 Tbsp.	Curry Powder
1 cup	Egg Beaters
1 cup	Ricotta cheese, part skim
1/2 cup	Egg Beaters
2 tsp.	Dried chopped cilantro
1/2 cup	Pistachio or Cashew nuts, chopped

### Directions:

1. Preheat oven to 400°F.
2. Using a fork, prick several holes in the skin of the sweet potatoes and place potatoes on a foil-lined, baking sheet. Bake potatoes, turning them once, until they are soft, about 1 to 1-1/2 hours (or 45 minutes for small sweet potatoes). Remove potatoes from oven and immediately cut each one lengthwise in half to allow steam to escape and halves to cool. Reduce oven heat to 350°F.
3. Scrape the flesh of the potatoes into a large bowl and discard the skins. Add Stevia, coconut milk, Melt, salt, ginger, curry and eggs to the potato mixture. Beat mixture with a hand-held immersion blender until smooth or use a food processor and process until smooth. Reserve.
4. In a separate small bowl combine the ricotta cheese, eggs and chopped cilantro. Mix ingredients together until well blended. Reserve.
5. Spray twelve (4-6 ounce) custard molds or small oven-proof ramekins or cups with vegetable cooking spray. Spoon about 2/3 of the sweet potato mixture evenly between the cups (about 2-1/2 to 3 ounces per cup). Spoon a heaping tablespoon of the ricotta cheese mixture over the potato mixture in each cup. Then divide the remaining sweet potato mixture evenly between the cups by dropping a spoonful onto the center of the ricotta mixture in each. Top each cup with a sprinkling of chopped pistachio or cashew nuts.
6. Bake cups in the preheated 350°F oven for 20 minutes. Remove and serve warm in the custard cups or ramekins as is or let them cool enough to handle and then carefully invert their contents out onto a serving platter nut side up.

YIELD: 12 Servings

### \*Dietary Notes:

- To make Dairy-free (DF), replace ricotta cheese with 1 cup Tofutti's Better than Cream Cheese.
- To make nut-free (NF), omit nuts and and/or replace with 1/2 cup pepitas (hulled pumpkin seeds).

Per Serving: 157 Calories, 17g Carbohydrates, 7g Fat, 7g Protein, 3g Dietary Fiber, 6mg Cholesterol, 180mg Sodium

Per Serving Traditional Sweet Potato Casserole: 509 calories, 79g Carbohydrates, 21g Fat, 4g Protein, 4g Dietary Fiber, 92 mg Cholesterol, 321mg Sodium