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## Desserts

### Sweet Potato Spoonbread

Cooking spray  
2 cups water  
1 cup cornmeal  
1 tbsp. frozen orange juice concentrate  
4 Davidson's Safest Choice™ Pasteurized Shell Eggs, separated  
½ tsp. Cream of tartar  
1 can (16 oz.) vacuum-packed sweet potatoes, drained and mashed OR 1 ¼ cups  
mashed cooked sweet potatoes  
1/3 cup sugar  
1 tsp. Baking powder  
½ tsp. Salt, optional  
¼ tsp. Ground nutmeg

Evenly coat 2-quart baking dish with spray. Set aside.

In medium saucepan, stir together water and cornmeal. Cook over medium heat, stirring constantly, until mixture boils and thickens. Remove from heat. Stir in concentrate. Set aside.

In small mixing bowl at high speed, heat egg whites with cream of tartar until stiff but not dry, just until whites no longer slip when bowl is tilted.

In large mixing bowl, beat together egg yolks, potatoes, sugar, baking powder, salt, if desired, and nutmeg. Beat in reserved cornmeal mixture until well blended. Gently, but thoroughly, fold yolk mixture into whites. Carefully pour into prepared dish.

Bake in preheated 350°F. oven until puffy delicately browned, and spoonbread shakes slightly when oven rack is moved gently back and forth, about 50 to 60 minutes.

Serve immediately.

Yield: 4 – 6 servings

