



Sweet Potato Soufflé

Servings: 12

Serving Size: 1/12 of soufflé

INGREDIENTS

Cooking spray

3 pounds whole sweet potatoes (washed and dried)

½ cup brown sugar, divided

1 Tablespoon Orange Zest

¼ cup freshly orange juice

6 eggs, separated into whites and yolks (be careful not to get any yolk mixed in with the whites)

½ teaspoon salt

½ cup old fashioned oats

½ cup shelled walnut pieces, finely chopped

¼ cup butter, melted

DIRECTIONS

1. Preheat oven to 400 degrees Fahrenheit. Coat a deep 8-inch round or square casserole dish with cooking spray. Set aside.
2. Coat a baking sheet with cooking spray. Arrange the washed and dried, whole sweet potatoes (with the skins on) on the sheet and coat generously with cooking spray. Bake for 50-60 minutes or until tender (check if they are tender by spearing the largest one with a paring knife or fork).
3. Remove sweet potatoes from the oven and let cool to the touch. Peel the skin and in a large bowl, whisk (or blend with a mixer) the roasted sweet potatoes with 1/4 cup of the Brown Sugar, orange zest, orange juice, egg yolks and salt.
4. In a small bowl, combine the oats, nuts and melted butter. Set aside.
5. Add the egg whites to a large glass or metal bowl, and beat with an electric mixer on medium speed or with stand mixer using the whisk attachment until egg whites form soft peaks with tips that curl over when the beaters are lifted.
6. Working in batches, incorporate one third of the egg whites into the sweet potato mixture using a large flat rubber spatula and gently folding them in until combined. Repeat that process two more times until all of the egg whites are incorporated into the sweet potatoes.
7. Pour sweet potato soufflé mixture into the prepared casserole dish and top with the walnut mixture.
8. Place the soufflé into the oven and bake at 400 degrees Fahrenheit for 20 minutes, then turn the oven down to 350 degrees Fahrenheit and continue to bake for 15 more minutes. Serve hot. (Note: the soufflé may deflate a little bit after baking so it's best served immediately but is still okay to hold in a warming oven for service).