

# FoodSense with Chef Feker

## Chef Feker's Sweet Potato Pie

### Ingredients

1 lb and 3 oz sweet potatoes, peeled and cubed  
5 egg yolks  
Salt  
1¼ cups plain yogurt  
¾ cup dark brown sugar, packed  
1 cup chopped pecans, toasted  
½ tsp cinnamon  
1 Tbsp maple syrup  
¼ tsp nutmeg  
1 (9 in.) deep dish, frozen pie shell  
\*Special equipment: Steamer Basket

### Directions

Put cubed sweet potatoes into a steamer basket and place the steamer basket into a large pot of simmering water that is no closer than 2 inches from the bottom of basket. Allow to steam for 20 minutes, or until the potatoes are fork tender. Mash with potato masher and set aside.

Preheat oven to 350 degrees.

Place sweet potatoes in the bowl of a stand mixer and beat with the paddle attachment. Add yogurt, brown sugar, cinnamon, nutmeg, yolks and salt (to taste); beat until well combined. Pour this batter into the pie shell and place onto a sheet pan. Sprinkle pecans on top and drizzle with maple syrup.

Bake 50-55 minutes. Remove from oven and cool. Keep refrigerated after cooking.



Advisory services offered through Ellenbecker Investment Group, Inc. (EIG), a Registered Investment Advisor. EIG does not provide tax or legal advice; please consult your tax or legal advisor regarding your particular situation. Diversification and asset allocation do not guarantee positive results. Loss, including loss of principal may result.