

Sweet Potato Pie

Makes: 8 servings

Per serving: Calories 335, Protein 5.5 gm, Sodium 195 mg, Potassium 160 mg, Phosphorus 85 mg

Ingredients

1½ cups dialyzed, mashed sweet potatoes
1 envelope unflavored gelatin
½ cup white sugar
1 tsp pumpkin pie spice
¾ cup milk
2 large eggs, separated
2 tsp grated lemon zest (optional)
2 TBSP margarine or butter, softened
⅓ cup light corn syrup
1 tsp vanilla extract
¼ tsp nutmeg
¼ cup white sugar
1 baked, 9-inch pie shell, cooled

Directions

1. Dialyze sweet potatoes. (See next page for instructions.)
2. Cook, drain well and mash.
3. In 3 quart metal mixing bowl, stir together gelatin, sugar and spices. Stir in milk.
4. Beat in egg yolks and margarine.
5. Mix in sweet potatoes and corn syrup.
6. Place bowl over saucepan of boiling water and cook 15 minutes, stirring constantly until mixture is hot and sugar has dissolved.
7. Remove from heat and chill 2 hours until mixture mounds when dropped from spoon.
8. In medium-sized bowl beat egg whites until soft peaks form. Beat in ¼ cup sugar, 2 Tbsp. at a time.
9. Fold beaten whites into cool potato mixture.
10. Turn into pie shell. Chill several hours or up to 2 days.

Diluted Vegetables

Certain vegetables are high in potassium. Using this special recipe can lower the potassium in these vegetables.

To lower potassium in potatoes or root vegetables, the following can be done:

1. Use fresh, unpeeled potatoes or root vegetables.
2. Peel and eye, place them into cold water so they won't darken.
3. Slice vegetables 1/8 inch thick.
4. Rinse in warm water a few seconds.
5. Soak for a minimum of 2 hours in warm water. Use 10 times the amount of water to the amount of vegetables.
6. Rinse under warm water again for a few seconds.
7. Cook for 5 minutes, but with 5 times the amount of water to the amount of vegetables.
8. Place 1 serving portion in small plastic bags, freeze.
9. Each serving may be cooked in a variety of ways: French fried, mashed, boiled, home fried with onions, scalloped, etc.