

Seasonal Eating

Sweet Potato Puffs

1 1/3 pounds sweet potatoes
1/3 cup orange juice
1 egg, lightly beaten
1 1/2 teaspoons orange zest
1/4 teaspoon ground nutmeg
1/4 teaspoon ground cinnamon
1/4 cup finely chopped pecans

Wash potatoes and cut into 1 inch thick slices. Place in medium saucepan, cover with water and bring to a boil. Cook until tender when pierced with a fork, about 20 minutes. Drain and let cool slightly. Peel and mash sweet potato until smooth. Add orange juice, egg, orange zest and nutmeg. Spray a cookie sheet with vegetable spray. Spoon mixture onto cookie sheet in 10 mounds. Sprinkle with nuts. Bake at 375 degrees for 30 minutes.