

SWEET POTATO PUFF

3 cups peeled and mashed cooked sweet
Potato (about 6 medium sweet potatoes)

$\frac{1}{2}$ teaspoon salt

$\frac{1}{4}$ cup butter plus 1 tablespoon

$\frac{1}{3}$ cup orange juice

$\frac{1}{3}$ cup chopped onion

1/8 teaspoon black pepper

4 eggs, separated

For this Sweet potato puff, bake or cook sweet potatoes the day before...mash while hot, mix in butter or margarine and orange juice...store in refrigerator...add 1/4 cup butter to hot mashed sweet potato and mix well...beat in electric mixer with orange juice to remove any lumps...in small skillet melt remaining tablespoon butter, add minced onion and cook until tender but not brown...add to sweet potatoes with salt, pepper...beat egg yolks and fold into mixture...beat egg whites until light and quite stiff, but not dry...fold into potato mixture...turn into well-buttered 1 1/2 quart baking dish....Bake in moderate oven (375 degrees) for 50 minutes or until mixture puffs and is lightly browned... Serve at once. (6 serving)