

FOOD

Mock-Southern Sweet Potato Pie

Makes 16 servings
Serving size: 1 slice

Crust:

1 1/4 cups flour
1/4 tsp. sugar

1/3 cup skim milk
2 Tbsps. vegetable oil

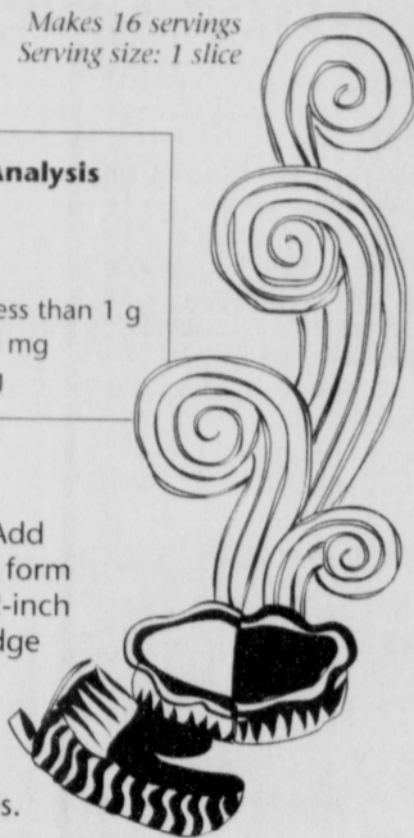
Filling:

1/4 cup white sugar
1/4 cup brown sugar
1/2 tsp. salt
1/4 tsp. nutmeg
3 large eggs, beaten

1/4 cup evaporated skim milk, canned
1 tsp. vanilla extract
3 cups sweet potatoes (cooked and mashed)

Nutritional Analysis

(per serving)
Calories: 147
Fat: 3 g
Saturated fat: less than 1 g
Cholesterol: 40 mg
Sodium: 98 mg



Crust: Preheat oven to 350° F. Combine the flour and sugar in a bowl. Add milk and oil to the flour mixture. Stir with fork until well mixed and then form pastry into a smooth ball with your hands. Roll the ball between two 12-inch squares of waxed paper using short, brisk strokes until pastry reaches edge of paper. Peel off top paper and invert crust into pie plate.

Filling: Combine sugars, salt, spices, and eggs. Add milk and vanilla. Stir. Add sweet potatoes and mix well. Pour mixture into pie shell. Bake for 60 minutes or until crust is golden brown. Cool and cut into 16 slices.

Sweet potatoes are an excellent source of fiber and cancer fighting beta-carotene.

"Heart-Healthy Home Cooking African American Style," National Heart, Lung, and Blood Institute

When the Turkey is Done

Turkey is done when the meat thermometer reaches 180°F deep in the thigh; also, juices should be clear, not reddish pink when thigh muscle is pierced deeply.

The turkey should reach 160°F in the center of the stuffing, if turkey is stuffed. When the stuffed turkey is done, remove it from oven and let it stand for 15 minutes. This time allows the stuffing temperature to reach 165°F for an added measure of safety.



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Thanksgiving Dinner Advice for Kids

When you think of an activity associated with Thanksgiving, what do you think of? If you are like most people, you think of eating. The tradition of Thanksgiving is centered around eating a plentiful meal with family and friends. And usually the end result of Thanksgiving dinner is clean plates and full, achy stomachs.

Bruce Lansky, author of the new children's poetry book "Funny Little Po-

All You Can Eat Rap

*I went to a place
that serves all you can eat,
and now my new shoes
do not fit my feet.*

*My hat is too tiny
to fit on my head.*

*My legs now hang over
the edge of my bed.*

*So, if you should visit
the very same place,
take my advice, friend
and don't stuff your face.*

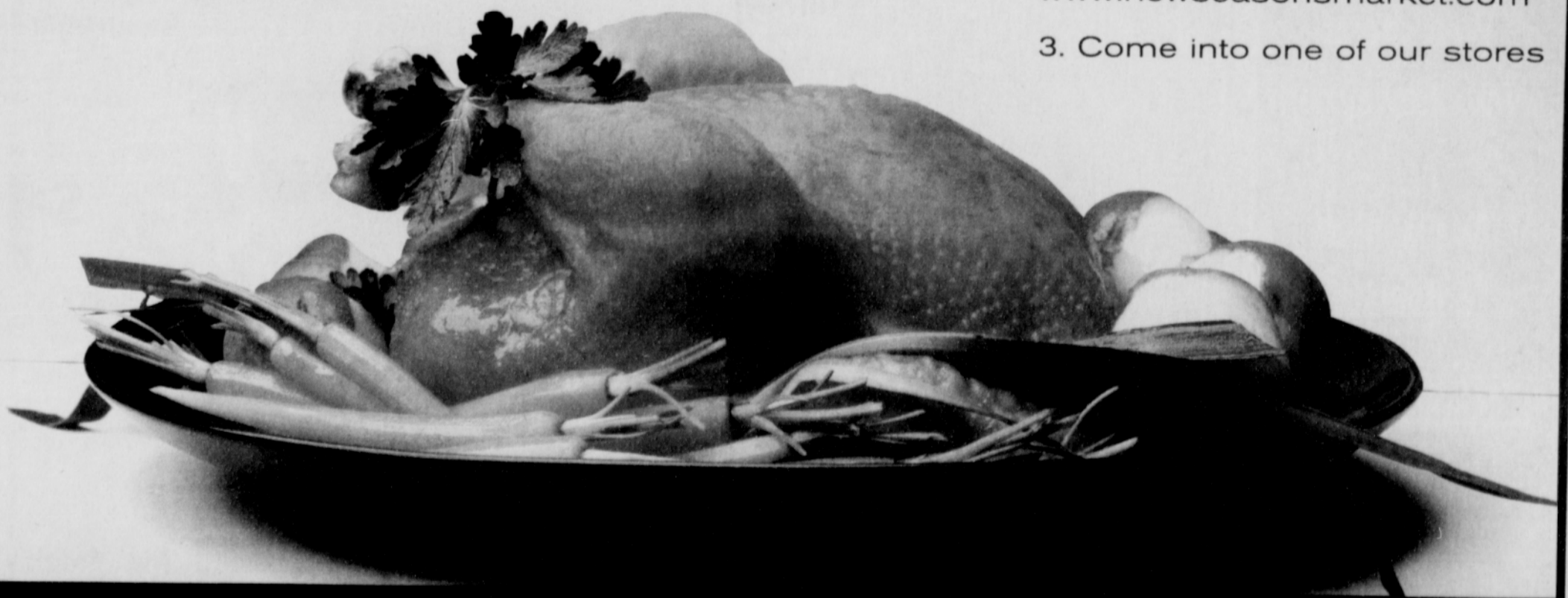
ems for Funny Little People" has some advice for kids about overeating.

As a fun idea for Thanksgiving, have a child in your family between the ages of six and nine recite this poem at the dinner table. "Funny Little Poems for Funny Little People" is a delightful poetry book aimed at the funnybones of kids in kindergarten through third grade. It is available at bookstores everywhere.

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