

SWEET POTATO AND MAPLE TARTS

These are somewhere between a butter tart and pumpkin pie but with a hint of maple syrup and toasted pecans -- mmmm good.

Preparation Time: 10 minutes
Cooking Time: 37 minutes
Makes 24 tarts

1	medium Ontario Sweet Potato, about 12 oz (375 g)
2 tbsp (25 mL)	butter, melted
2	Ontario Eggs
1 cup (250 mL)	Ontario Maple Syrup
1/2 tsp (2 mL)	vanilla
Pinch	salt
24	3-inch (8 cm) frozen tart shells, thawed
1/2 cup (125 mL)	chopped toasted pecans

Scrub sweet potato and trim off ends. Pierce with small knife in several places; microwave at High for 6 to 8 minutes or until tender, turning over halfway through. Let cool enough to handle; remove skin and mash with fork until smooth. Measure 1 cup (250 mL) and place in bowl. Whisk in butter, eggs, maple syrup, vanilla and salt until smooth.

Bake tart shells on baking sheet, in batches if necessary, in 375°F (190°C) oven for 5 minutes. Remove from oven. Sprinkle pecans among partially baked shells, gently pushing down any puffed-up pastry. Divide sweet potato mixture among shells. Bake for 20 to 24 minutes or until filling is slightly puffed, almost set and pastry is lightly golden. Let cool on rack.

Tip: Make filling in 4-cup (1 L) glass measuring cup and it will be easy to pour into tart shells.

Nutritional Information:

1 Tart
PROTEIN: 2 grams
FAT: 10 grams
CARBOHYDRATE: 21 grams
CALORIES: 176