



## Caribbean Sweet Potato Cups with Poached Eggs & Mango Hollandaise

2006 Sweet Rewards Overall Grand Prize Winner

### Ingredients:

2 (15-ounce) cans Louisiana cut yams, drained  
1/2 Cup orange juice  
2 Tablespoons brown sugar  
1/8 Teaspoon cayenne pepper  
1/2 Teaspoon salt  
2 Egg whites, lightly beaten  
1/3 Cup diced roasted red peppers  
1 Tablespoon finely chopped chives  
6 Whole eggs, poached  
Mango Hollandaise (recipe follows)  
2 Tablespoons finely chopped cilantro (optional)

### Mango Hollandaise

3 Egg yolks  
1 Tablespoon lime juice  
1 Teaspoon LA hot sauce  
1/2 Cup butter, melted  
1 Mango, purred  
1/4 Teaspoon salt

### Instructions:

#### Caribbean Sweet Potato Cups

Preheat oven to 425F. Spray a 6-cup muffin tin with cooking spray. In a medium-sized bowl, combine yams, orange juice, brown sugar, cayenne pepper, salt, and egg whites. Mash until smooth. Stir in the roasted red peppers and chives. Spoon the potato mixture into the prepared muffin tin. Bake for 10 to 12 minutes, or until lightly browned. Carefully remove sweet potato cups from muffin tin, and arrange each one on a serving plate. Top each with a poached egg, and spoon a generous portion of mango hollandaise over. Garnish with chopped cilantro, if desired.

#### Mango Hollandaise

In a blender, combine egg yolks, lime juice, and hot sauce. Blend for 30 seconds. With the blender still running, pour the melted butter in slowly, and continue to blend until emulsified. Fold in the pureed mango and the salt.

**Serving Size:** 6

**Cook Time:** 30 minutes

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