

## Sweet Potato Casserole



### Makes:

14 servings

### Utensil:

12" Electric Oil Core Skillet

small mixing bowl

medium mixing bowl

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### Recipe:

### Contributed By:

Adapted recipe by Janet Potts, RD, LD

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### Recipe Description:

Sweet potatoes are an excellent source of vitamins C and E, beta carotene, folic acid, potassium and fiber. Primarily thought of as a holiday food, they are available year round. So enjoy them no matter the season!

6 - 7 cups  
mashed sweet potatoes (use fresh, steamed and mashed)  
(1.5 - 1.7  
kg)

1 teaspoon  
maple flavoring  
(5  
mL)

1 teaspoon  
butter flavoring  
(5  
mL)

### Topping

$\frac{3}{4}$   
cup brown sugar (135 g)  $\frac{1}{4}$   
cup flour (30 g) 2  
tablespoons reduced-fat margarine (28 g)  $\frac{1}{4}$   
cup chopped pecans (40 g) 2  
tablespoons maple (30 mL)  
syrup

### Directions:

1. Combine all ingredients, except for topping, in a medium bowl. Using electric mixer, beat until smooth.
2. Spread sweet potato mixture evenly in electric skillet. Set aside.
3. To make the topping, combine brown sugar and flour in a small bowl. Using a pastry blender or a fork, cut in the reduced-fat margarine until mixture is the consistency of cornmeal. Stir in pecans.



4. Sprinkle topping over sweet potato mixture and drizzle with maple syrup. Cover and set temperature to 250°F/120°C.
5. Bake for 25 - 30 minutes, or until heated throughout.

**Tips:**

- May use 3 cans (29 ounces each) drained, rinsed and mashed sweet potatoes.

Nutritional Information per

▼ Serving

**Calories:** 228  
**Total Fat:** 3g  
**Saturated Fat:** 1g  
**Cholesterol:** 1mg  
**Sodium:** 220mg  
**Total** 48g  
**Carbs:**  
**Dietary Fiber:** 2g  
**Sugar:** 24g  
**Protein:** 4g

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