



STRONG Heart Program Recipe-of-the-Month

Sweet Potato Casserole

Recipe from *Cooking Light* November 2006

Ingredients from Lori's Natural Food Store

Ingredients:

2¼ pounds sweet potatoes, peeled and chopped
1 cup fat free half-and-half
¾ cup brown sugar
2 teaspoons vanilla extract
2 large egg whites
Cooking spray

Topping:

1½ cups miniature marshmallows
½ cup all purpose flour
¼ cup packed brown sugar
2 tablespoons chilled margarine, such as Smart Balance, cut into small pieces
½ cup chopped pecans, toasted

Directions:

1. Preheat oven to 375° F.
2. Prepare potatoes, place potatoes in a Dutch oven, and cover with water. Bring to a boil. Reduce heat, and simmer 20 minutes or until very tender. Drain; cool slightly.
3. Place potatoes in a large bowl. Add fat free half-and-half, ¾ cup sugar, and vanilla. Beat with a mixer at medium speed until smooth. Add eggs; beat well (mixture will be thin). Scrape mixture into a 13 x 9-inch baking dish coated with cooking spray.
4. To prepare topping, sprinkle miniature marshmallows over top of casserole. Lightly spoon flour into a dry measuring cup; level with a knife. Combine flour and ¼ cup brown sugar in a medium bowl. Cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal. Stir in pecans, and sprinkle over potato mixture and marshmallows. Bake at 375° for 30 minutes or until golden brown.

Servings: 16

Nutrition Information: 193 calories, 6g fat, 1.5g saturated fat, 0 mg cholesterol, 50mg sodium, 30g carbohydrate, 2g fiber, 3g protein.