

# Sweet Potato Casserole

## Ingredients

- 2 pounds sweet potatoes, peeled and chopped
- 1/3 cup granulated sugar
- 1/4 cup skim milk
- 3 tablespoons butter, melted
- 1/2 teaspoon salt
- 1 teaspoon vanilla extract
- 2 large eggs
- Cooking spray

### Topping:

- 1 1/2 ounces all-purpose flour (about 1/3 cup)
- 2/3 cup packed brown sugar
- 1/8 teaspoon salt
- 2 tablespoons melted butter
- 1/2 cup chopped pecans
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg

## Preparation

1. Preheat oven to 350°.
2. Bake sweet potatoes on 350° for about 45 min and let cool. Peel skin away and chop, mash potatoes.
3. Place potatoes in a large bowl; add granulated sugar, skim milk, 3 tablespoons melted butter, 1/2 teaspoon salt, and vanilla. Beat with a mixer at medium speed until smooth. Add eggs; beat well. Pour potato mixture into a 13 x 9-inch baking pan coated with cooking spray.
4. To prepare topping, weigh or lightly spoon flour into a dry measuring cup; level with a knife. Combine flour, brown sugar, cinnamon, nutmeg, and 1/8 teaspoon salt; stir with a whisk. Stir in 2 tablespoons melted butter. Sprinkle flour mixture evenly over potato mixture; arrange pecans evenly over top. Bake at 350° for 25 minutes or just until golden.
5. Preheat broiler (remove casserole from oven).
6. Broil casserole 45 seconds or until topping is bubbly. Let stand 10 minutes before serving.