



Spiced Sweet Potato Casserole



You can assemble this casserole in its baking dish and store it, covered, in the refrigerator for up to a day.

3 pounds sweet potatoes (3 cups mashed)
1/3 cup packed brown sugar
2 tablespoons butter
2 tablespoons orange juice concentrate
1 1/2 teaspoons ground cinnamon
1/2 teaspoon salt
1/2 teaspoon ground nutmeg
2 large eggs
1/4 cup chopped pecans



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Preheat oven to 350°.

Pierce potatoes with a fork; arrange in a circle on paper towels in microwave oven. Microwave at HIGH 16 minutes or until tender, rearranging potatoes after 8 minutes. Let stand 5 minutes.

Cut each potato in half lengthwise; scoop out pulp into a large bowl. Discard skins. Add sugar and next 5 ingredients (sugar through nutmeg), and beat with a mixer at low speed until combined. Add eggs; beat until smooth.

Spoon mixture into a 1 1/2-quart baking dish; sprinkle with pecans. Bake at 350° for 45 minutes or until thoroughly heated.

Yield: 8 servings (serving size: 1/2 cup)

CALORIES 220 (29% from fat); FAT 7g (sat 2.5g, mono 2.9g, poly 1.1g); IRON 1.1mg; CHOLESTEROL 61mg; CALCIUM 53mg; CARBOHYDRATE 36.8g; SODIUM 206mg; PROTEIN 3.8g; FIBER 3.8g

Cooking Light, NOVEMBER 2001

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