

No Sugar Added Sweet Potato Casserole

Prep Time: 15 minutes, Cook Time: 40 minutes

Total Time: 55 minutes

Servings: 8

Ingredients:

- 2 lbs sweet potatoes cubed and peeled
- ½ cup reduced fat milk
- 5 Tablespoons butter, melted
- 1 teaspoon salt
- ½ teaspoon vanilla extract
- ½ teaspoon ginger
- ½ teaspoon cinnamon
- ¼ teaspoon ground pepper
- ½ cup chopped pecans
- ¼ cup pumpkin seeds
- ¼ cup chopped dried fruit (cherries, cranberries, raisins)



Source: Eating Well

Directions:

1. Preheat oven to 350 degrees.
2. Cook sweet potatoes in a pot of boiling water until soft (18-20 minutes). Drain water. Add milk, 4 tablespoons of butter, salt, vanilla, ginger, cinnamon, and pepper to the pot, and mash until combined. Transfer to a baking dish (1 ½ quart).
3. Mix together pecans, pumpkin seeds, dried fruit, and remaining 1 tablespoon of butter. Sprinkle over the sweet potatoes.
4. Bake casserole until heated through and nuts on top are lightly toasted – about 20-30 minutes.

Nutrition (per ½ cup):

Calories 217, Fat 15 g, Saturated Fat 6 g, Cholesterol 20 mg, Carbohydrates 20 g, Total Sugars 9 g, Protein 4 g, Fiber 4 g, Sodium 324 mg