Lighter Sweet Potato Casserole

Yield: 10 servings, ½ cup each  
Total Time: 1 hour

**Ingredients**
- 3 medium sweet potatoes  
- Cooking spray  
- 2 large eggs  
- 1 Tbsp canola oil  
- 1 Tbsp honey  
- ½ cup 1% milk  
- 2 tsp freshly grated orange zest  
- 1 tsp vanilla extract  
- ½ tsp salt  

**Topping**
- 1 Tbsp trans fat free margarine  
- ½ cup whole wheat flour  
- 1/3 cup packed brown sugar  
- 4 tsp frozen orange juice concentrate  
- 1 Tbsp canola oil  
- ½ cup chopped pecans or walnuts

**Preparation Instructions**
1. Peel and cut sweet potatoes into 2-inch chunks. Place in a large pot and cover with water. Bring to a boil. Cover and cook over medium heat until tender, 10 to 15 minutes. Drain well and return to the pan. Mash with a potato masher.  
2. Preheat oven to 350°F. Coat an 8-inch-square baking dish with cooking spray.  
3. Whisk eggs, oil and honey in a medium bowl. Add 3 cups of the mashed sweet potato and mix well. Stir in milk, orange zest, vanilla and salt. Spread the mixture in the prepared baking dish.  
4. To prepare topping, melt margarine. Mix margarine, flour, brown sugar, orange juice concentrate, and oil in a small bowl. Blend with a fork or your fingertips until crumbly. Stir in nuts. Sprinkle over the casserole.  
5. Bake the casserole until heated through and the top is lightly browned, 35 to 45 minutes.

**Nutrition Analysis**
Per serving: 230 calories; 9g fat (1g saturated, 0g trans); 45mg cholesterol; 170mg sodium; 33g carbohydrate (4g dietary fiber; 16g sugar); 4g protein. Vitamin A 310%, Vitamin C 25%, Calcium 6%, Iron 8% Daily Value.

Adapted from: www.eatingwell.com

<table>
<thead>
<tr>
<th>Casserole Comparison (per ½ cup)</th>
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<tbody>
<tr>
<td><strong>Traditional</strong></td>
</tr>
<tr>
<td>440 calories</td>
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<tr>
<td>13 grams fat</td>
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<tr>
<td>6 grams saturated fat</td>
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<tr>
<td>56 grams sugar</td>
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<tr>
<td><strong>Lighter version</strong></td>
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<tr>
<td>230 calories</td>
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<tr>
<td>9 grams fat</td>
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<tr>
<td>1 gram saturated fat</td>
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<tr>
<td>14 grams sugar</td>
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