



# Sweet Potato Casserole

Makes 10 servings

## Ingredients

2 1/2 pounds sweet potatoes, (3 medium), peeled and cut into 2-inch chunks  
2 large eggs  
1 tablespoon canola oil  
1 tablespoon honey  
1/2 cup low-fat milk  
2 teaspoons freshly grated orange zest  
1 teaspoon vanilla extract  
1/2 teaspoon salt

For Topping:

1/2 cup whole-wheat flour  
1/3 cup packed brown sugar  
4 teaspoons frozen orange juice concentrate  
1 tablespoon canola oil  
1 tablespoon butter, melted  
1/2 cup chopped pecans



## Instructions

Place sweet potatoes in a large saucepan 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. Measure out 3 cups. (Reserve any extra for another use.) Preheat oven to 350 degrees. Coat an 8-inch-square (or similar 2-quart) baking dish with cooking spray. Whisk eggs, oil and honey in a medium bowl. Add mashed sweet potato, and mix well. Stir in milk, orange zest, vanilla and salt. Spread the mixture in the prepared baking dish. **To prepare topping:** Mix flour, brown sugar, orange juice concentrate, oil and butter in a small bowl. Blend with a fork or your fingertips until crumbly. Stir in pecans. Sprinkle over the casserole. Bake the casserole until heated through and the top is lightly browned, 35 to 45 minutes.

## Nutrition Facts

One serving: 242 calories; 10 g fat (2 g sat, 5 g mono); 46 mg cholesterol; 36 g carbohydrates; 5 g protein; 4 g fiber; 170 mg sodium; 351 mg potassium.

Recipe Courtesy of EatingWell.com



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