

Sweet Potato Casserole

Ingredients:

- 40 ounces canned sweet potatoes, drained
- 2 eggs
- 1/4 c. sugar
- 3/4 c. fat-free milk
- 1/4 tsp. salt
- 1/4 tsp. nutmeg
- 2 Tbsp. margarine, melted
- 1/4 c. brown sugar
- 1/4 c. chopped walnuts, optional

Directions:

- Preheat oven to 350 F. Spray a 1-quart casserole dish with cooking spray. In a large bowl, combine sweet potatoes and eggs and mash with an electric mixer or fork. Add sugar, milk, salt, nutmeg and margarine and mix well. Spoon into casserole and top with brown sugar and nuts. Bake for 45 to 55 minutes or until set.

Makes eight servings. Per Serving: 270 calories, 7.5 grams (g) protein, 7 g fat and 47 g carbohydrate.

NDSU EXTENSION
SERVICE