

PECAN-TOPPED SWEET POTATO CASSEROLE

Makes 8 Servings

INGREDIENTS:

- 3 pounds sweet potatoes
- 1 tablespoon virgin coconut oil, melted
- 3 tablespoons orange juice
- 4 tablespoons brown sugar, divided
- 2 tablespoons melted butter, divided
- 1 teaspoon orange zest
- ½ teaspoon ground cinnamon, divided
- ¼ teaspoon kosher salt
- ⅛ teaspoon ground ginger
- ½ cup roughly chopped pecans

DIRECTIONS:

1. Preheat the oven to 400°F. Place the sweet potatoes on a foil-lined baking sheet. Pierce each potato several times with the tip of a sharp knife. Brush the potatoes with the coconut oil and sprinkle with a pinch of kosher salt.
2. Bake until very tender, 45 minutes to an hour. Remove from the oven and reduce the heat to 350°F.
3. When the potatoes are cool enough to handle, cut them in half, scoop the flesh into a bowl, and mash until smooth. (You will have about 4½ cups.)
4. Stir in the orange juice, 2 tablespoons of the brown sugar, 1 tablespoon of the butter, orange zest, ¼ teaspoon of the cinnamon, salt, and ginger. Place in an 8 x 8-inch baking dish and smooth the top with a rubber spatula.
5. To make the topping, combine the remaining brown sugar, butter, cinnamon, and pecans. Sprinkle over the sweet potato mixture. Bake until the nuts are toasted and the casserole is heated through, about 30 minutes.

Nutrition Information per Serving:

230 calories, 38g carbohydrate, 3g protein, 8g fat, 130mg sodium, 6g fiber

Recipe Created by Liz Weiss, MS, RD, co-author, No Whine with Dinner: 150 Healthy, Kid-Tested Recipes from The Meal Makeover Moms (<http://mealmakeovermoms.com>)

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