



Sweet Potato-Pecan Casserole

Ingredients:

- Cooking spray
- 3 1/2 lbs. sweet potatoes (about 5 medium), peeled and cut into 1-inch chunks
- 1/3 cup honey
- 1 large egg
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/8 teaspoon ground ginger
- 1/2 teaspoon kosher salt
- 1 tablespoon packed dark brown sugar
- 1/3 cup finely chopped pecans

Directions:

1. Preheat oven to 350° F. Lightly coat an 8-inch baking dish with cooking spray.
2. Bring a few inches of water to a boil in a pot with a large steamer basket in place. Put the sweet potatoes in the basket, cover, and steam until tender, 20 to 25 minutes. If you don't have a steamer basket, microwave sweet potatoes. To do this, poke holes throughout potatoes, cover with a paper towel. Cook for 5 minutes, flip potatoes, then cook for 5 more minutes. Transfer potatoes to a large bowl and let cool slightly.
3. Add honey, egg, 1/2 teaspoon cinnamon, nutmeg, ginger, and 1/2 teaspoon salt to potatoes; whip with an electric mixer until smooth. Pour sweet potato mixture into the prepared baking dish; smooth out with a spatula.
4. Mix the brown sugar, pecans, and the remaining 1/2 teaspoon cinnamon in a bowl; sprinkle evenly over the sweet potato mixture.
5. Bake until hot and beginning to brown around the edges, 40 to 45 minutes.

Serves 8

Serving Size: 2/3 cup

Photo by: <http://www.flickr.com/photos/aaronvandorn/10277289963/>

Nutrition Facts			
Serving Size 0.66 cup(s) (222g)			
Amount Per Serving			
Calories	261	Calories from Fat	36
		% Daily Value	
Total Fat	4.0g		6 %
Saturated Fat	0.5g		3 %
Trans Fat	0.0g		
Cholesterol	23.3mg		8 %
Sodium	236.6mg		10 %
Total Carbohydrate	54.0g		18 %
Dietary Fiber	6.6g		26 %
Sugars	21.6g		
Protein	4.4g		
Vitamin A	479 %	Calcium	7 %
Vitamin C	6 %	Iron	8 %

