

Traditional Sweet Potato Casserole

Alison Ashton , *Cooking Light*, NOVEMBER 2007

Ingredients:

5 pounds sweet potatoes, peeled and cut into 1-inch cubes
1-1/4 cups packed brown sugar
1/2 cup butter, softened
1 Tablespoon salt
1 teaspoon vanilla extract
1cup finely chopped pecans, divided
Cooking spray
2 cups miniature marshmallows

Preparation

Preheat oven to 375°.

Place the sweet potatoes in a Stock pot, and cover with cold water. Bring to a boil. Reduce heat, and simmer for 15 minutes or until very tender. Drain; cool slightly.

Place potatoes in a large bowl. Add sugar and next 3 ingredients (through vanilla). Mash sweet potato mixture with a potato masher. Fold in 1/2 cup pecans. Scrape potato mixture into an even layer in an 11 x 15-inch baking dish coated with cooking spray. Sprinkle with remaining 1/2 cup pecans; top with marshmallows. Bake at 375° for 25 minutes or until golden.

Yield

32 servings

Nutritional Information

CALORIES 186(27% from fat); FAT 5.5g (sat 2g,mono 2.3g,poly 0.9g); PROTEIN 1.6g;
CHOLESTEROL 8mg; CALCIUM 23mg; SODIUM 272mg; FIBER 2.5g; IRON 0.7mg;
CARBOHYDRATE 33.1g