



## Lighter Thanksgiving Sweet Potato Casserole

**Serving Size:** ½ cup

**Carbohydrate Choices:** 3 choices (about 45 grams)

### Ingredients

- ½ pound sweet potatoes, (3 medium), peeled and cut into 2-inch chunks
- 2 large eggs
- 1 Tbsp canola oil
- 1 Tbsp honey
- ½ C skim milk
- 2 tsp freshly grated orange zest
- 1 tsp vanilla extract
- ½ tsp salt

### Topping

- ½ C whole-wheat flour
- ⅓ C packed brown sugar
- 4 tsp frozen orange juice concentrate
- 1 Tbsp canola oil
- 1 Tbsp margarine, melted
- ½ C chopped pecans

### Directions

1. 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.)
2. Preheat oven to 350°F. Coat an 8-inch square (or similar 2-quart) baking dish with cooking spray.
3. Whisk eggs, oil and honey in a medium bowl. Add mashed sweet potatoes and mix well. Stir in milk, orange zest, vanilla and salt. Spread the mixture in the prepared baking dish.
4. To prepare topping: Mix flour, brown sugar, orange juice concentrate, oil and margarine in a small bowl. Blend with a fork or your fingertips until crumbly. Stir in pecans. Sprinkle over the casserole.
5. Bake the casserole until heated through and the top is lightly browned, 35 to 45 minutes.