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| **Sweet Potato Casserole** |
| *Source: © EatingWell Magazine* |

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| **Active Time:**  30 Minutes |
| **Total Time:**  1 Hour 15 Minutes | **10 servings, about 1/2 cup each** |

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With a scrumptious, crunchy nut topping, this casserole can be a side dish or even a sweet ending to a holiday meal. We reworked this traditional Southern recipe for the Rx for Recipes column, reducing calories by 42 percent and saturated fat by 60 percent.  
  
Make Ahead Tip: Prepare through Step 4 (after topping); cover and refrigerate for up to 2 days.  
  
**INGREDIENTS**

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| For the Sweet Potato Casserole: |
| 2 1/2 pounds sweet potatoes (3 medium), peeled and cut into 2-inch chunks |
| 2 large eggs |
| 1 tablespoon canola oil |
| 1 tablespoon honey |
| 1/2 cup 1% milk |
| 2 teaspoons freshly grated orange zest |
| 1 teaspoon vanilla extract |
| 1/2 teaspoon salt, or to taste |
| For the Topping: |
| 1/2 cup whole-wheat flour |
| 1/3 cup packed brown sugar |
| 4 teaspoons frozen orange juice concentrate |
| 1 tablespoon canola oil |
| 1 tablespoon butter, melted |
| 1/2 cup chopped pecans (1 3/4 ounces) |

**DIRECTIONS**

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| FOR THE SWEET POTATO CASSEROLE: Place sweet potatoes in a large saucepan; cover with lightly salted water and 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). |
| Preheat oven to 350 degrees F. Coat an 8-inch-square (or similar 2-quart) baking dish with cooking spray. |
| Whisk eggs, oil and honey in a medium bowl. Add mashed sweet potato and mix well. Stir in milk, orange zest, vanilla and salt. Spread the mixture in the prepared baking dish. |
| FOR THE TOPPING: Mix flour, brown sugar, orange juice concentrate, oil and butter in a small bowl. Blend with a fork or your fingertips until crumbly. Stir in pecans. Sprinkle over the sweet potato mixture. |
| Bake the casserole until heated through and the top is lightly browned, 35 to 45 minutes. |