

Sweet Potato Casserole

Ingredients:

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| 1 pound sweet potatoes
(about 4 medium ones) | 1 Tablespoon vanilla extract |
| 3 egg whites | 1 teaspoon cinnamon |
| ½ cup sugar | ½ teaspoon nutmeg |
| 12 ounces nonfat evaporated milk | ½ teaspoon ginger |

Preparation:

1. Preheat oven to 400°F.
2. Rinse sweet potatoes in cold running water and pierce with a fork.
3. Microwave sweet potatoes on full power until tender, about 15 minutes. Turn them half way during baking.
4. When cooled, remove skin from sweet potatoes and mash with hand beaters or food processor.
5. Add the rest of the ingredients and mix until smooth.
6. Pour mixture in an 8-inch square baking pan. Bake about 40 minutes until casserole is firm in the center.
7. Remove pan from oven. Allow to stand for 5 minutes, then cut into 10 squares.
8. Serve hot. Refrigerate leftovers.

Yields 10 servings

Nutritional Information Per Serving: 110 calories, 4g protein, 24g carbohydrate (2g fiber), 0g fat, 0mg cholesterol, 80mg sodium

Source: U.S. Department of Agriculture



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