



Sweet Potato Casserole

<u>U.S.</u>		<u>Metric</u>
2 1/2 lbs	Sweet Potatoes, peeled, diced	1 kg
1/4 cup	Brown Sugar	53 g
1 tsp	Honey	7 g
1 each	Egg	1 each
1/8 tsp	Salt, Kosher	0.75 g
1 Tbsp	Butter, Unsalted	15 g
1 Tbsp	Olive Oil	15 mL
1/2 cup	Almond Milk, Unsweetened	120 mL
1/2 tsp	Vanilla Extract	2.5 mL
1/4 tsp	Cloves, ground	0.5 g
1/4 tsp	Nutmeg, ground	0.5 g

For the Topping:

1/4 cup	Whole Wheat Flour	28 g
1/4 cup	Oats	24 g
1 Tbsp	Butter, melted	15 g
2 Tbsp	Brown Sugar	26 g
1/2 cup	Pecans, chopped	57 g

Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 350°F (180°C) and prepare a 9x9 baking pan with pan spray.
3. In a medium saucepan, boil water and add potatoes. Cook for 20 minutes or until soft. Drain and mash.
4. In a large bowl, mix the mashed sweet potatoes, sugar, egg, salt, butter, olive oil, milk, vanilla extract, and spices. Transfer to baking pan.
5. In a medium bowl, combine the flour, oats, butter, and brown sugar until crumbled. Add pecans. Sprinkle the mixture over the sweet potato mixture.
6. Bake for 30 minutes or until topping is golden brown.
7. Cut and serve warm.

Nutrition Facts	
Serving size	1/4 cup
Servings	12
Calories	155
Calories from Fat	50
Total Fat	6 g
Saturated Fat	1 g
Trans Fat	0 g
Monounsaturated Fat	3 g
Cholesterol	17 mg
Sodium	74 mg
Carbohydrates	24 g
Dietary Fiber	3 g
Sugars	10 g
Protein	3 g
Vitamin A	360 %
Calcium	32 %
Vitamin C	2 %
Iron	10 %
Phosphorus	66 mg
