



Healthy Sweet Potato Casserole

INGREDIENTS:

1 pound sweet potatoes, peeled and cut into 1/2 inch pieces
2 tbsp. sugar
2 eggs
1/2 cup low fat milk
1 tsp. vanilla extract
1/4 cup brown sugar
2 tbsp. all-purpose flour
1/4 cup pecans, chopped
1 tbsp. unsalted butter, melted

DIRECTIONS:

- 1) Preheat oven to 400 degrees.
- 2) Place potatoes in a steamer basket over boiling water.
- 3) Cover pan and steam 10 minutes, or until tender. Drain and mash. Combine potatoes and ingredients in a bowl. Season with salt to taste.
- 4) Mix well and pour into 9-inch buttered pan. Combine remaining ingredients in a bowl and spread over sweet potato mixture.
- 5) Bake 30 minutes or until brown.