



Sweet Potato and Pumpkin Casserole

Heather Fogle 2010

Recipe from Nestle. This holiday dish is sure to become a favorite. It not only tastes great, but you're getting a nutritious boost from the addition of pumpkin.


Casserole:

4 lbs. sweet potatoes,
scrubbed and cut into 2–3 in. pieces
1 can (15 oz.) Libby's Pumpkin
¼ c. packed brown sugar
3 T butter, softened
1 t kosher salt
1 t ground black pepper
2 large eggs

Topping:

1/3 C packed brown sugar
3 T all-purpose flour
1 T butter, melted
Pinch of Salt
½ C chopped pecans

Preheat oven to 350°. Place potatoes on microwave-safe plate. Microwave on HIGH (100%) power for 15 minutes or until potatoes are tender. Cool slightly; place in large bowl. Add pumpkin, sugar butter, salt and pepper. With potato masher, smash until lumpy (cut any large pieces of skin into smaller pieces). Add eggs; smash until incorporated. Spoon into a 9x13 or 3 qt. baking dish.



To make topping: Combine sugar, flour, butter and salt in small bowl; stir until combined. Sprinkle evenly over casserole: top evenly with nuts. Bake for 25 minutes or until golden and heated through. Remove from oven.

Preheat broiler: Broil casserole for 1 minute or until bubbly and nuts are toasted. Cool for 5 minutes before serving. Makes 18 servings (1/2 cup each).

Per serving: 171 calories, 5 g. fat, 29 g carbohydrate, 31 mg cholesterol, 161 mg sodium, 3 g protein, 3 g fiber

Notes: cannot microwave potatoes all at once; cut potatoes into smaller cubes before trying to mash so easier to cut the peels
Made for YAH's Christmas lunch and church Christmas potluck 2010.