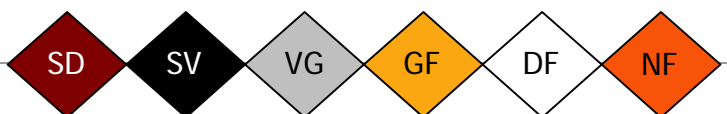


Healthy Swaps Sweet Potato Casserole

(*see dietary notes)

Recipe by: Chef Kelly Yorke



Sweet potato casserole is commonly included at a Thanksgiving feast but the typical recipe it is so packed with calories, fat and sugar it would make more sense to serve it as a dessert. However, this version of the beloved Holiday casserole is leaner and healthier - and no one will likely miss the difference. So go ahead and add this to your Thanksgiving side dish offerings without regret.

Ingredients:

Potatoes:		Topping:	
2 lb.	Sweet Potatoes, peeled and cubed	1/4 cup	Whole wheat flour, white, unbleached
1/4 cup	Stevia Extract in the Raw		
1/4 cup	Almond Milk, Silk, Pure Almond, Vanilla	1/3 cup	Rollled Oats
		2/3 cup	Splenda, brown sugar blend
2 Tbsp.	Melt, Buttery Spread with Organic Virgin Coconut Oil, melted	1/2 cup	Chopped pecans
1/2 tsp.	Salt	1/8 tsp.	Salt
1 tsp.	Fresh Ginger, grated or 1/4 tsp. ginger powder	3 Tbsp.	Melt, Buttery Spread with Organic Virgin Coconut Oil
2 tsp.	Pumpkin Pie Spice		
1 cup	Egg Beaters		

Directions:

1. Preheat oven to 350 °F.
2. To prepare potatoes, peel and cut potatoes into 1/2-inch cubes. Place cubes into a steam basket and place the basket in a larger pot of water so that the potatoes are not submerged in the water but rest above it. Cover the pot and bring the water to a boil. Reduce heat and steam potatoes until they are fork tender. Remove pot from heat and carefully remove basket from pot. Cool potatoes in basket for 5 minutes.
3. Place potatoes in a large bowl; add Stevia, almond milk, Melt, salt, ginger, and pumpkin pie spice. Beat with a mixer or hand immersion blender until smooth. Add eggs; mix in well. Pour potato mixture into a 13 x 9 inch baking pan coated with vegetable cooking spray.
4. To prepare topping, weigh or lightly spoon 1/4 cup flour into a dry measuring cup; level with a knife. Toss together flour, oats, Splenda, brown sugar blend, nuts and salt until well combined. Stir in 3 tablespoons melted Melt until mixture is crumbly. Sprinkle crumb mixture evenly over the potato mixture.
5. Bake for 25 minutes or just until golden on top. Remove casserole from oven and rest for at least 10 minutes before serving.

YIELD: 12 Servings (about 2/3 cup each)

*Dietary Notes:

- To make Vegan (SV) and dairy-free (DF), replace Melt with 2 Tbsp melted Earth Balance vegan buttery sticks. Replace eggs with 4-1/2 tsp Ener-G egg replacer powder whisked with 6 Tbsp water. Add and 1/4 cup silken tofu to potato mixture as well. In topping replace Splenda brown sugar blend with 2/3 cup evaporated dark cane juice, such as Sucanat
- To make gluten-free (GF), replace whole wheat flour and replace with 1/4 cup all-purpose gluten-free flour and use a gluten-free rolled oat product such as the ones made by Bob's Red Mill
- To make nut-free (NF), omit pecan and/or replace with 1/2 cup pepitas (hulled pumpkin seeds).

Healthy Swaps Recipe Per Serving: 209 Calories, 18g Carbohydrates, 8g Fat, 4g Protein, 3g Dietary Fiber, 0mg Cholesterol, 185mg Sodium

Typical Recipe Per Serving: 509 calories, 79g Carbohydrates, 21g Fat, 4g Protein, 4g Dietary Fiber, 92 mg Cholesterol, 321mg Sodium