

[](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwjmxd_s1OnOAhUCWCYKHR2dDckQjRwIBw&url=http://www.foodnetwork.com/recipes/ellie-krieger/sweet-potato-pecan-casserole-recipe.html&psig=AFQjCNGEo-VvcloLPbHs6KVIOwAoKbo4cA&ust=1472664481887869)**Sweet Potato Pecan Casserole**

**8 SERVINGS**

Nutrition Facts per Serving:

Calories: 160 Protein (g): 3

Fat (g): 4 Carbohydrate (g): 31

# Ingredients:

|  |  |
| --- | --- |
| 3 ½ lbs. | Sweet potatoes (about 5 medium), peeled, cut into 1-in. chunks |
| 1/3 cup | Honey |
| 1 | Large egg |
| 1 tsp. | Ground cinnamon |
| 1/8 tsp. | Ground ginger |
| ¼ tsp. | Ground nutmeg |
| 1 tbsp. | Packed dark brown sugar |
| 1/3 cup | Pecans, finely chopped |
|  | Kosher salt to taste |

**Instructions:**

1. Preheat oven to 350°F. Grease an 8-in. square baking sheet with cooking spray.
2. Bring a few inches of water to a boil in a large pot lined with a steamer basket.
3. Put the sweet potatoes in the basket, cover and steam until tender, 20-25 minutes.
4. Transfer potatoes to a bowl and let cool slightly. Add honey, egg, ½ tsp. cinnamon, nutmeg, ginger, and ½ tsp. salt. Beat with an electric mixer until smooth.
5. Spread the potato mixture in the prepared dish.
6. Mix the brown sugar, pecans, and remaining ½ tsp. cinnamon in a bowl. Sprinkle over the potatoes.
7. Bake until hot and beginning to brown around the edges, 40-45 minutes.