

Sweet Potato Casserole with Maple Pecan Topping

When making my holiday menu, I can't forget the Sweet Potato Casserole! This traditional Thanksgiving food is a favorite that you can still make without loading it down with sugar. It's still an absolutely delicious dish! No marshmallows needed. I like to use Japanese Sweet Potatoes since they are sweeter than other varieties, but feel free to use your favorite type of sweet potato. The Japanese Sweet Potatoes have purple skin and a light, almost white interior. Hannah yams (also white flesh), jewel or garnet yams also work well in this recipe. You might want to mix a couple of varieties if you want the sweet starchiness of the Japanese Sweet Potatoes but the orange color of the traditional varieties.

Sweet Potato Casserole with Maple Pecan Topping

Makes 4 to 6 servings

Ingredients

Filling

2 yams or sweet potatoes, peeled

3 cups water, or enough to cover for boiling

1/8 teaspoon salt

1 to 2 tablespoons honey

1 teaspoon orange or tangerine zest

1 teaspoon vanilla extract

1/2 teaspoon cinnamon

Topping

1 cup whole pecans, left whole or broken into pieces by hand

1 to 2 tablespoons maple syrup

Preheat oven to 375° F. Cut sweet potatoes into 1-inch squares. Place in a pot with water to cover. Add salt and bring to a boil. Reduce heat to medium low, and cook until tender, about 15 to 20 minutes. Drain sweet potatoes, and discard cooking water. Mash the potatoes in a blender or food processor. Stir in orange zest, honey, cinnamon and vanilla. Pour mixture into casserole dish. Prepare topping by mixing pecans and maple syrup together in a bowl. Spoon nuts on the casserole or arrange pecan halves on top of the casserole and bake at 375° F for 1 hour.

Servings: 5

Calories: 220

Carbohydrate: 23 g

Protein: 3 g

Fat: 14 g

Recipe from the Chef Dawn Ludwig Blog at <https://www.DrDavidLudwig.com/category/chef-dawn/> for more recipes by Chef Dawn see the book ALWAYS HUNGRY? Conquer Cravings, Retrain Your Fat Cells, and Lose Weight Permanently