

# Sweet Potato Casserole

It's sweet, it's delicious - it's a VEGETABLE?



Level: Medium

Serves 8

## Kids' Tool Kit

Can opener  
Electric mixer  
Casserole dish  
Mixing bowl  
Spoon  
Measuring spoons  
Measuring cups  
Hot pad  
Rubber spatula



## Ingredients:

40 ounces canned sweet potatoes, drained  
2 eggs  
1/4 cup sugar  
3/4 cup evaporated milk (or a 5-ounce can)  
1/4 teaspoon salt  
1/4 teaspoon nutmeg  
2 tablespoons margarine, melted  
1/4 cup brown sugar  
1/4 cup chopped walnuts, optional



## Directions:

**Remember to wash your hands!**

1. Preheat oven to 350 degrees.
2. Spray 1-quart casserole dish with cooking spray.
3. In a large bowl, combine sweet potatoes and eggs; mash with an electric mixer.
4. Add sugar, milk, salt, nutmeg and margarine. Mix well.
5. Spoon into casserole dish and top with brown sugar and nuts.
6. Bake for 45 to 55 minutes or until set.

## Chef's Choice

Sweet Potato Casserole  
Ham slice  
Fruit cocktail  
Milk

## Nutrition Facts

Serving Size 3/4 cup (195g)	
Servings Per Container 8	
<b>Amount Per Serving</b>	
<b>Calories</b> 240	Calories from Fat 45
<b>% Daily Value*</b>	
<b>Total Fat</b> 5g	<b>7%</b>
Saturated Fat 1.5g	7%
<b>Cholesterol</b> 55mg	<b>19%</b>
<b>Sodium</b> 210mg	<b>9%</b>
<b>Total Carbohydrate</b> 45g	<b>15%</b>
Dietary Fiber 4g	14%
Sugars 34g	
<b>Protein</b> 4g	
Vitamin A 170%	Vitamin C 25%
Calcium 10%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



**Helpful Hints:** This is a great recipe for kids to fix as part of a holiday meal. The fun of mashing the canned potatoes and eggs together will attract kids who may otherwise shy away from kitchen fun. The aroma of sugar and spice as it bakes will bring some great compliments to your young cook. More compliments will follow when everyone tastes how delicious it is!



**Safety Tip:** The texture of these sweet potatoes makes them perfect for very young children, if the nuts are omitted. If kids under age three are coming to dinner, it is probably a good idea to leave the nuts out of this recipe. Nuts can cause choking in very young children - and may cause an allergic reaction, too.

For more information about this and other fun recipes: contact your county extension office or visit the Web site at [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu), or e-mail [kidsacookin@ksu.edu](mailto:kidsacookin@ksu.edu).

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