

Sweet Potato Casserole

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

8 - 3/4 cup servings

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:

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 and mash with an electric mixer.
4. Add sugar, milk, salt, nutmeg and margarine and mix well.
5. Spoon into casserole and top with brown sugar and nuts.
6. Bake for 45 to 55 minutes or until set.

Nutrition Facts: One serving provides 240 calories, 5g total fat, 55mg cholesterol, 210mg sodium, 45g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program

Kids a Cookin'

www.kidsacookin.ksu.edu

Chef's Choice
Sweet Potato Casserole
Ham Slice
Fruit Cocktail
Milk

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