

Sweet Potato-Pecan Casserole



Ingredients:

- 3 medium sweet potatoes, peeled and cut into 1-inch pieces
- 1/4 cup honey
- 1 medium egg
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/8 teaspoon ground ginger
- 1 tablespoon orange zest (optional)
- 1/4 cup fresh orange juice
- 1/2 tablespoon packed dark brown sugar
- 1/4 cup finely chopped pecans
- 1 tablespoon fresh parsley, finely chopped or 1/2 tablespoon dried
- Cooking spray

Directions:

1. Heat oven to 350 F degrees.
2. Spray a square baking dish with cooking spray, include bottom and sides of the dish.
3. Bring 3 cups of water to a boil. Place sweet potatoes in the boiling water and cover. Cook the potatoes until they are soft about 25 minutes.
4. Pour the potatoes into a colander and let them cool. Place cooled potatoes into a medium sized bowl.
5. In a small bowl combine the brown sugar, pecans, 1/4 teaspoon cinnamon.
6. Pour the orange juice, orange zest, 1/4 teaspoon cinnamon, nutmeg, ginger, egg, and honey into the bowl of potatoes.
7. Mix the potatoes with a mixer or masher until the mixture is smooth.
8. Place the potato mixture into the prepared baking dish. Sprinkle the sugar mixture on top of the potatoes.
9. Bake until the top begins to brown, 40 to 45 minutes.
10. Refrigerate uneaten portions.

Makes 4 servings



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