

SWEET POTATO CASSEROLE

B E F O R E

and

A F T E R

SERVING SIZE

½ cup ½ cup

Calories per Serving

586 273

FAT

26.9g 7.4g

Percent of Total Calories

41% 24%

- 3 cups mashed cooked sweet potato (about 2¼ pounds)
- ⅓ cup firmly packed brown sugar
- ⅓ cup skim milk
- 2 tablespoons reduced-calorie stick margarine, melted
- 1 teaspoon vanilla extract
- ½ teaspoon salt
- 2 egg whites, lightly beaten
- Vegetable cooking spray
- ½ cup firmly packed brown sugar
- ¼ cup all-purpose flour
- 2 tablespoons chilled reduced-calorie stick margarine
- ⅓ cup chopped pecans

Combine first 7 ingredients and stir well. Spoon mixture into an 8-inch square pan lined with cooking spray.

Combine ½ cup brown sugar and 2 tablespoons margarine with a pastry blender until the mixture resembles coarse crumbs. Stir in the chopped pecans over sweet potato mixture. Bake 30 minutes. Yield: 8 servings (½ cup).

CALORIES 273 (24% from fat); PROTEIN 3.5g; FAT 7.4g; CARB 49.8g; FIBER 1.3mg; SODIUM 242mg; CALC 56mg