

Sweet – Sweet Potato Casserole

2 ¾ pounds sweet potatoes
¼ cup ½ and ½
2 Tbl butter
1T vegetable oil
3 T real maple syrup
1t kosher salt
½ t pepper
1 t vanilla extract
¼ t cinnamon
¼ t allspice
1 lg egg beaten
½ cup mini-marshmallows
2 Tbl chopped pecans
non-stick cooking spray

Preheat oven to 350

1. Pierce potatoes several times with a fork and then microwave for 5 minutes and then allow potatoes to cool for 10 minutes (potatoes should be tender)
2. Once cool; peel potatoes and mash in a large bowl
3. add ½ and ½, butter, oil, maple syrup, salt, pepper, vanilla, cinnamon, allspice and egg to potatoes and mix
4. spray a 2-quart baking dish with non-stick spray and add potato mixture
5. sprinkle marshmallows and pecans on top
6. bake until mini-marshmallows are slightly melted and just turning brown 10-12 minutes

serving size ½ cup

Calories – 185; fat: 7.3 grams (3.6 saturated); protein 3.2 grams; carb 28g; fiber 3.4 grams