

# What's Cooking? Recipe

## Sweet Potato Casserole with Praline Topping

Makes 12 (1/2 cup servings)

### **Ingredients**

3 cups cooked mashed peeled Louisiana yams (sweet potatoes), about 3-4 sweet potatoes  
2/3 cup of 1 (14-ounce) can fat-free sweetened condensed milk  
2 egg whites  
1/4 cup orange juice  
Praline Topping (recipe follows)

### **Instructions**

1. Preheat oven 350°F. Coat 2-quart casserole with nonstick cooking spray.
2. In bowl, cream together all ingredients except the topping with potato masher or mixer until blended. Transfer to prepared dish and sprinkle with Praline Topping (see recipe).
3. Bake 40-45 minutes or until thoroughly heated and topping is brown and crumbly.

### **Praline Topping**

2/3 cup light brown sugar  
1/3 cup all-purpose flour  
1/2 teaspoon ground cinnamon  
1/4 cup butter, melted  
1 teaspoon vanilla extract  
1 cup chopped pecans

In bowl, mix together brown sugar, flour, and cinnamon. Stir in butter, vanilla, and pecans until crumbly.

### **Nutritional info per serving:** Calories 274

Fat 11g  
Saturated Fat 3g  
Cholesterol 12mg  
Sodium 87mg  
Carbohydrates 42g  
Dietary Fiber 3g  
Total Sugars 28g  
Protein 4g

Recipe from Holly Clegg  
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