

Make a Healthy Sweet Potato Casserole with these Ingredients!



- Cooking spray
- $\frac{2}{3}$ cup pecans, chopped
- 3 tablespoons almond meal
- 1 tablespoon canola oil
- 1 large egg, beaten
- 1 cup old-fashioned rolled oats
- 3 pounds sweet potatoes, peeled and chipped (about 8 cups)
- $\frac{1}{2}$ cup 2% reduced-fat milk
- 2 tablespoons unsalted butter, melted and divided
- $\frac{1}{2}$ teaspoon vanilla extract
- $\frac{3}{4}$ teaspoon salt, divided
- 3 tablespoons maple syrup, divided



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Directions (part 1)

- Preheat oven to 375
- Place potatoes in a large saucepan, cover with water. Bring to a boil, reduce heat, and simmer 6 minutes or until potatoes are tender.
- Drain. Return potatoes to saucepan.
- Add milk, 1 tablespoon butter, and vanilla; mash to desired consistency.
- Stir in $\frac{1}{2}$ teaspoon salt and egg.
- Spread potato mixture in the bottom of a glass or ceramic baking dish coated with cooking spray.

Directions (part 2)

- Combine the remaining $\frac{1}{4}$ teaspoon salt, oats, pecans, almond meal, and 2 tablespoons of syrup, in a bowl.
- Add the remaining tablespoon of butter and canola oil. Toss to coat.
- Sprinkle the oat mixture over potatoes.
- Bake at 375 for 18 minutes or until surface is golden.
- Remove the pan from the oven & drizzle with the remaining 1 tablespoon of maple syrup.

Nutrition Facts

	Per Serving
Calories	232
Total Fat	10.1g
Saturated Fat	2.1g
Mono Fat	4.5g
Poly Fat	2.1g
Cholesterol	21mg
Sodium	195mg



	Per Serving
Carbohydrates	31g
Fiber	5g
Sugars	9g
Protein	4g