

Spiced Sweet Potato Casserole

Ingredients:

- sweet potatoes, peeled and cut into 1-inch cubes, 1
- carrots, rinsed and sliced, 2
- buttery spread, melted, divided, 3 Tbsp
- brown sugar or artificial sweetener brown sugar blend, 1 Tbsp
- cinnamon, $\frac{3}{4}$ tsp
- nutmeg, $\frac{1}{8}$ tsp
- pecans, chopped, $\frac{1}{3}$ cup



1. Preheat the oven to 350 degrees. Coat a 1 1/2- to 2-quart casserole dish with nonstick cooking spray; set aside. Add water to a large pot until it's 2/3 full. Add the sweet potato to the pot and bring to boiling over medium heat. Cook the sweet potato for 20 minutes. Add the carrots to the pot and continue to cook for 15 to 20 minutes, until vegetables are tender. Drain, reserving 1/4 cup of the cooking water, and add the vegetables to a bowl.
2. Mash the sweet potato and carrots and the 1/4 cup reserved cooking water with a potato masher. Add 2 Tbsp of the buttery spread, the brown sugar, cinnamon, cloves, and nutmeg, and mix well. Add the mixture to the prepared casserole dish. Top with the pecans and the remaining melted buttery spread.
3. Bake the casserole, covered, for 15 minutes. Uncover and bake 10 minutes more, until the top is lightly browned.

Notes:

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| Nutrition Facts | |
|---------------------------|------------|
| 8 Servings | |
| Serving Size | 1/2 cup |
| Amount per serving | |
| Calories | 100 |
| Total Fat 7g | |
| Saturated Fat | 1g |
| Trans Fat | 0g |
| Cholesterol | 0mg |
| Sodium | 55mg |
| Total Carbohydrate | 10g |
| Dietary Fiber | 2g |
| Total Sugars | 5g |
| Protein | 1g |
| Potassium | 160mg |
| Phosphorus | 30mg |