

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Sweet Potato-Pecan Casserole

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Serves 8

Cooking spray

3 ½ pounds sweet potatoes (about 5 medium), peeled and cut into 1-inch chunks

1/3 cup honey

1 large egg

1 teaspoon ground cinnamon

¼ teaspoon ground nutmeg

1/8 teaspoon ground ginger

Kosher salt

1 tablespoon packed dark brown sugar

1/3 cup finely chopped pecans

1. Preheat the oven to 350°. Mist an 8-inch square baking dish with cooking spray.
2. Bring a few inches of water to a boil in a pot with a large steamer basket in place. Put the sweet potatoes in the basket, cover and steam until tender, 20 to 25 minutes. Transfer the potatoes to a bowl and let cool slightly. Add the honey, egg, ½ teaspoon cinnamon, the nutmeg, ginger and ½ teaspoon salt; whip with an electric mixer until smooth. Spread the sweet potato mixture in the prepared baking dish.
3. Mix the brown sugar, pecans and the remaining ½ teaspoon cinnamon in a bowl; sprinkle over the potatoes. Bake until hot and beginning to brown around the edges, 40 to 45 minutes.