



Sweet Potato Casserole

Satisfy your hunger--and your health needs--with casserole made with sweet potatoes or yams.

You can use canned sweet potato chunks, drained and mashed, for this recipe or you can use whole sweet potatoes or yams.

Prick and bake them, then scoop out the flesh. Or, peel and cut them into chunks and cook as you would potatoes; drain and mash. Makes 8 to 10 servings

Ingredients

3 cups mashed, cooked sweet potato 3 T. butter, softened 1 egg pinch salt 2/3 cup crushed pineapple, drained

Topping

1 cup flour 1/2 cup packed dark brown sugar 1/4 tsp. nutmeg 1 tsp. cinnamon 1/8 tsp. salt 5 T. butter, cut into small pieces

Preparation

Preheat oven to 350 degrees. Using an electric mixer, beat together sweet potato, butter, egg and salt. Fold in pineapple and spread into a buttered 8- by 8-inch glass dish.

For the topping, stir dry ingredients together until well-combined. Using a fork or pastry blender, cut in butter until topping is coarse and crumbly. Sprinkle over sweet potato mixture. Bake until topping browns, about 45 minutes. To serve, let cool slightly and cut into squares.

More Side Dishes