**Simple Sweet Potato Casserole**

We lighten up this fall favorite by holding back on the sugar and topping it with toasted oats and pecans instead of sugary marshmallows. Pecans are loaded with healthy unsaturated fat and more than 19 vitamins and minerals including vitamin B and E, magnesium, phosphorus and zinc! Whether you’re looking for a healthy side or dessert, our simple sweet potato casserole fits the bill.

**Ingredients**

* 4 pounds sweet potatoes (about 4–5 large)
* 2 tablespoons butter, melted, divided
* 1/4 cup 1% milk
* 3 large eggs
* 2 teaspoons vanilla extract
* 2 teaspoons ground cinnamon, divided
* 1/4 teaspoon salt
* 1 tablespoon honey
* 1 1/4 cups old-fashioned oats (certified gluten-free if necessary)
* 3/4 cup chopped pecans

**Directions**

Preheat oven to 375°F. Bake sweet potatoes on a foil-lined baking sheet for 1 hour or until tender. Let stand until cool enough to handle.

Peel sweet potatoes and mash in a large bowl. Stir in 1 tablespoon butter, milk, eggs, vanilla, 1 teaspoon cinnamon and salt. Spoon into a lightly greased 11-by-7-inch baking dish.

In a medium glass bowl, stir together 1 tablespoon butter, honey, oats, pecans and remaining 1 teaspoon cinnamon. Sprinkle over casserole. Bake for 30 minutes, until golden brown and heated through.

**Nutrition Information**

**Serves: 16 |  Serving Size: 1/2 cup (125 grams)**

**Per serving:***Calories: 192; Total Fat: 7g; Saturated Fat: 2g; Monounsaturated Fat: 3g; Cholesterol: 39mg; Sodium: 127mg; Carbohydrate: 30g; Dietary Fiber: 5g; Sugar: 7g; Protein: 5g*

***Nutrition Bonus:****Potassium: 433mg; Iron: 7%; Vitamin A: 3248%; Vitamin C: 4%; Calcium: 6*

**FIVE SPICE HEALTHY MASHED SWEET POTATOES**



**INGREDIENTS**

* 3 pounds sweet potatoes peeled and cut into 2-inch chunks
* 1/4 cup coconut oil
* 1 clove garlic chopped
* 1 teaspoon grated ginger
* 2 teaspoons Chinese 5 Spice
* 1 orange zested and juiced
* 1 1/4 teaspoons salt

**INSTRUCTIONS**

1. Bring 1 to 2 inches of water to a boil in a large saucepan fitted with a steamer basket over high heat. Add potatoes to the basket, cover and steam until a fork can be easily pressed into the potatoes and pulls out without resistance, 19 to 22 minutes.
2. Meanwhile, melt coconut oil in a small saucepan over medium heat. Add garlic and cook until fragrant and just starting to brown. Add ginger and 5-spice and stir to combine. Remove from the heat and immediately and CAREFULLY stir in juice from the orange to stop the spices from over cooking. Stir in ½ teaspoon zest and salt until the salt is dissolved.
3. Remove the steamer basket from the saucepan. Transfer the sweet potatoes to a food processor fitted with the steel blade attachment. Scrape coconut oil mixture into the food processor. Puree, scraping down the sides and mixing together once or twice, until completely smooth. Alternatively, for a more rustic texture, pour the boiling water out of the saucepan, and dump the cooked sweet potatoes out of the basket into the hot saucepan. Pour the coconut oil mixture over the sweet potatoes and mash with a potato masher until smooth.

**NUTRITION**

**CALORIES:***175,* **SUGAR:***12 g,* **SODIUM:***348 mg,* **FAT:***10 g,* **SATURATED FAT:***8 g*

**CARBOHYDRATES:***27 g,* **FIBER:***3 g,* **PROTEIN:***2 g*