

Idiot's Kitchen Recipe – Sweet Potato Casserole

Recipe from www.idiotskitchen.com



3 cups cooked and mashed sweet potatoes (about 2 ¼ pounds)
1/3 cup brown sugar + ½ cup brown sugar for topping
1/3 cup milk
2 Tablespoons butter – melted + 2 Tablespoons COLD butter for topping
1 teaspoon vanilla
½ teaspoon salt
2 egg whites – lightly beaten until foamy
¼ cup flour – for topping
½ cup chopped pecans – for topping

Bake the sweet potatoes at 400 degrees for 45-60 minutes until very soft. Allow to cool slightly, remove the outer peel and mash with a fork or potato masher.

Combine the sweet potatoes with 1/3 cup brown sugar, 1/3 cup milk, 2 Tablespoons melted butter, 1 teaspoon vanilla and ½ teaspoon salt.

Separate 2 eggs and lightly whisk the egg WHITES until light and foamy. Add them to the sweet potatoes and mix well.

Spoon mixture into an 8-9 inch baking dish coated with cooking spray.

For topping: Combine ½ cup brown sugar and ¼ cup flour in a bowl. Cut in 2 Tablespoons chilled butter working with your fingers to make crumbly topping.

Stir in 1/2 cup coarsely chopped pecans and sprinkle topping over sweet potato mixture.

Bake at 350° for 30 minutes until golden brown.