



AULTCARE WELLNESS RECIPE

NO-SUGAR-ADDED SWEET POTATO CASSEROLE



Ingredients:

7 cups cubed peeled sweet potatoes (2 pounds)

½ cup reduced-fat milk

5 Tbsp butter, melted, divided

1 tsp salt

½ tsp vanilla extract

½ tsp ground ginger

½ tsp ground cinnamon

¼ tsp ground pepper

½ cup chopped pecans

¼ cup pepitas

¼ cup chopped dried fruit, such as cherries, dates, raisins or currants

Instructions:

1. Preheat oven to 350° F.
2. Bring an inch or two of water to a boil in a large pot fitted with a steamer basket. Add sweet potatoes, cover and steam until very soft, 18 to 20 minutes. Remove basket and discard water. Return sweet potatoes to the pot. Add milk, 4 tablespoons of butter, salt, vanilla, ginger, cinnamon and pepper; mash until desired consistency. Transfer to a 1 ½-quart baking dish.
3. Stir pecans, pepitas, dried fruit and the remaining 1 tablespoon of butter together in a small bowl. Sprinkle over the top of the sweet potatoes.
4. Bake casserole until hot and the nuts are lightly toasted, 20 to 30 minutes.

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