

Sweet Potato Casserole (makes 6 servings)

2 lb Fresh sweet potatoes, cooked and peeled
1/3 cup Brown sugar, packed
2 Tbsp Butter or margarine
1/2 tsp Ground cinnamon
1/2 tsp Ground nutmeg
1 tsp Vanilla extract
1/2 cup Nonfat milk, or soy milk
2 Tbsp Cinnamon-sugar

Preheat oven to 350 degrees F. Mash and combine all ingredients except cinnamon-sugar. Spoon mixture into a 1-1/2 quart casserole that is lightly sprayed with cooking oil spray. Lightly sprinkle the top with cinnamon-sugar. Bake 25-30 minutes or until very hot. Serve.

Nutrition Per Serving:

168 calories; 2.5 gm protein; 35 gm carbohydrates; 2 gm fat; 1 gm saturated fat; 5 mg cholesterol; 3 gm fiber; 63 mg sodium