

## Pecan-Topped, Slightly-Sweet Sweet Potato Casserole

"Thanksgiving is my favorite holiday of the year," says Liz Weiss, MS, RDN, a mom of two with a specialty in family nutrition. "I was a foodie from an early age and was always seated between the other two foodies at the table: my mom and my nana." Now that she's all grown up, Weiss is a big contributor to the holiday meal. "As a dietitian, I'm always asked to bring a vegetable side dish to Thanksgiving dinner," she says, "so naturally, I bring three: roasted baby carrots with fresh thyme, Brussels sprouts gratin made with low-fat milk instead of heavy cream, and this modern (no marshmallow) version of sweet potato casserole. At Thanksgiving dinner, many people like to take a little bit of this and a little bit of that. So even though I say this casserole serves eight, at the holidays it likely will yield 10 servings."

Serves 8

### Ingredients

3 pounds sweet potatoes (approximately 6 medium sweet potatoes)  
2 tablespoons extra virgin olive oil or melted virgin coconut oil, divided  
3 tablespoons orange juice  
2 tablespoons brown sugar, divided  
1 teaspoon orange zest  
1/2 teaspoon ground cinnamon, divided  
1/4 teaspoon kosher salt  
1/8 teaspoon ground ginger  
1/2 cup roughly chopped pecans

### Directions

1. Preheat oven to 400° F.
2. Place the sweet potatoes on a foil-lined baking sheet. Pierce each potato several times with the tip of a sharp knife. Brush the potatoes with 1 T of oil and sprinkle with a pinch of kosher salt.
3. Bake until very tender, 45 minutes to an hour. Remove from the oven and reduce the heat to 350° F.
4. When the potatoes are cool enough to handle, cut them in half, scoop out the flesh into a bowl, and mash until smooth. (You will have about 4 cups.) Stir in the orange juice, 1 T of the brown sugar, orange zest, 1/4 tsp of the cinnamon, salt, and ginger. Place in an 8 X 8-inch baking dish and smooth the top with a rubber spatula.
5. To make the topping, place the remaining brown sugar, oil, cinnamon, and the pecans in a bowl and stir to combine. Sprinkle the mixture over the sweet potatoes. Bake until the nuts are toasted and the casserole is heated through, about 30 minutes.

— Recipe and photo courtesy of Liz Weiss, MS, RDN, the voice behind the family food podcast **Liz's Healthy Table** and the blog and website of the same name. Liz has written several cookbooks including **No Whine With Dinner: 150 Healthy Kid-Tested Recipes From the Meal Makeover Moms**; **The Moms' Guide to Meal Makeovers: Improving the Way Your Family Eats, One Meal at a Time!**; and the playful new coloring book series **Color, Cook, Eat!**

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Nutrition Facts	
Serving size	1/2 cup
Amount Per Serving	
<b>Calories</b>	<b>210</b>
% Daily Value*	
<b>Total Fat</b> 8g	<b>11%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Sodium</b> 120mg	<b>5%</b>
<b>Total Carbohydrate</b> 31g	<b>11%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 12g	
Includes 3g Added Sugars	<b>6%</b>
<b>Protein</b> 3g	<b>6%</b>
Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium.	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	