

Sweet Potato Casserole

2 cans low-sodium yams or sweet potatoes (about 15 ounces), drained

3 eggs, beaten

¼ cup brown sugar, not packed

1 can (12 oz.) nonfat evaporated milk or 1 ½ cups milk

1 teaspoon vanilla extract

1 teaspoon cinnamon or pumpkin pie spice

Preheat oven to 400 degrees. In a mixing bowl, mash sweet potatoes. Add in remaining ingredients and mix until smooth.

Spray an 8x8 baking dish with nonstick spray. Pour mixture into baking pan. Bake for 40 minutes or until set. Remove from oven and let rest 10 minutes before serving.

Tip: Top with chopped pecans or walnuts for crunch.

Yield: 6 servings

*Note: You may use 3-4 raw potatoes. Peel and chop sweet potatoes, cover with water in a saucepan and boil until tender. Drain water.

Nutrition Information per Serving: Calories-232, Total Fat-3 g, Protein-9g, Carbohydrates -42g, Fiber-3g, Sodium-155mg