

## SWEET POTATO CASSEROLE

From Dick Dinneen's recipe box

### INGREDIENTS

#### **Casserole:**

2-1/4	lbs	sweet potatoes, peeled and cut into large even sized chunks
1/4	lb	butter, softened (1stick)
1/2	cup	sugar
1/3	cup	milk
2	large	eggs, slightly beaten
1	tsp	vanilla extract
1/8	tsp	ground nutmeg

#### **For Topping:**

6	Tbsp	butter, melted
1	cup	light brown sugar, firmly packed
1/2	cup	all purpose flour
1	cup	toasted chopped pecans



### INSTRUCTIONS

Place the potatoes in a large saucepan and cover with cold water by about 1-1/2 inches. Bring to a boil, then cover and boil slowly over medium high heat until tender, about twenty minutes. Drain potatoes thoroughly and mash until smooth with an electric mixer (there should be three cups).

Beat in the butter, sugar, milk, vanilla and nutmeg until well blended.

Spoon the mixture into a shallow 3-quart baking dish that has been buttered or coated with nonstick vegetable spray. (May be made ahead up to this point).

Heat oven to 350 degrees.

For topping, mix the butter, brown sugar and flour in a medium size-bowl. Stir in the nuts and sprinkle evenly over the potato mixture.

Bake 35 to 40 minutes or until topping is lightly browned.

Makes 6 to 8 servings.

Each serving contains approximately 3 fruit exch, 2 bread/starch exch, 7 fat exch; 638 calories; 78 g carbohydrates, 5 g protein, 35 g fat, 272 mg sodium, 130 mg cholesterol, and 75 mg calcium.

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*Many ULLR members have requested that this Sweet Potato Casserole recipe be printed on "The Back Page" of the NULLR. I got it from a newspaper clipping years ago. ENJOY!!!!  
Dick Dinneen*