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## Sweet Potato Casserole

Sweet potato casserole, a.k.a, sweet potato souffle' is a Southern U.S. tradition that has gone national.

The traditional version is about as unhealthy as a side dish can be, but we'll show you how to make a healthy version - which tastes EVERY BIT as good... or you can go for diabetic shock with the traditional approach. Both are below.

But either way this is a popular and easy side dish to make for Thanksgiving, Christmas or any gathering! And it freezes up great for later!

### Ingredients

#### Souffle portion

- **5 or 6 sweet potatoes** (about 5 lbs or 2.2 to 2.5 kg)
- **Butter:** 1 stick (1/2 cup) butter (8 ounces or 225 grams). Soften it before using.
- **2 large eggs**
- **1 cup sugar** (granulated) (200 grams castor sugar). If you are cutting carbs or on a sugar restricted diet, instead use an equivalent amount of Splenda or Truvia (Stevia).
- **1.5 teaspoons vanilla** (8 ml)
- **1/2 cup milk (120 ml)** I use fat free), but again, you can use any type you prefer, or even almond or soy milk.



# Topping

The topping optional, so if you do not like nuts, you can skip it, but it gives a nice crunch!

- **Chopped Pecans 1/2 cup** (120 ml) chopped pecans
- **Brown sugar 1 cup** (200 grams castor sugar)
- **Flour, all-purpose, 1/2 cup** (120 ml or 60 grams)
- **Butter 1/4 cup** - that's 1/2 stick of butter or about 125 grams

## Directions

### Step 1 Preheat the oven

Preheat the oven to 350 F (180 C or gas mark 4)

### Step 2 - Cook the Sweet potatoes

Stab each sweet potato with a sturdy knife (so they won't explode in the oven, and yes, they will do that!) Then put them on an aluminum foil lined tray and bake them for about 1 hour until soft all through, test with a knife)



### Step 3 - Cool then peel

Allow the sweet potatoes to cool for about 30 minutes then peel them by hand (the skin separates easily).

### Step 4 - Mash the potatoes

Mash the potatoes with a potato masher or whatever you have handy.



## Step 5 - Add the other ingredients

With an electric mixer (or a hand mixer if you want arthritis later in life) mix the cooked mashed potatoes and the eggs milk, vanilla, softened butter and sugar or sugar-substitute. Mix until smooth. 3 minutes or so.



## Step 6 - Lightly grease a baking dish

Lightly grease a 9" by 13" baking dish. I use coconut oil.

## Step 7 - Empty into the baking dish

Empty into the baking dish.



## Step 8 - Make the topping

In a bowl, mix the topping ingredients: chopped pecans, brown sugar (or sugar substitute) flour and softened butter.



## Step 9 - Spread the pecan topping and bake

Spread the pecan topping on (wait for it) top of the sweet potato mix.

Then pop it in the oven for 40 - 45 minutes.



## Step 10 - Rest for 5 minutes

Then serve! And don't be gross and put a marshmallow fluff on top? Really!

This tastes GREAT as it is. No need to turn it into an unhealthy dish...



## Reference

Gas mark	Fahrenheit (°F)	Celsius (°C)	Gas mark	Description
1	275	140	1	Cool
2	300	150	2	Cool
3	325	160	3	Moderate
4	350	180	4	Moderate
5	375	190	5	Moderately hot
6	400	200	6	Moderately hot
7	425	220	7	Hot
8	450	230	8	Hot
9	475	240	9	Very hot

<b>U.S. Measure</b>	<b>U.S. Volume</b>	<b>British</b>	<b>Metric</b>
1 teaspoon	1/6 fluid oz	0.17 fluid oz	5 ml
1 tablespoon	1/2 fluid oz	.52 fluid oz	15 ml
1 cup	8 fluid oz	8.3 fluid oz	237 ml

Write if you need any help!

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