



Sweet Potato Casserole with Praline Topping

Recipe by: Holly Clegg

Ingredients:

- 3 cups cooked mashed Louisiana yams (sweet potatoes) about 3-4
- 2/3 cup of 1 (14-ounce) can fat-free sweetened condensed milk
- 2 egg whites
- 1/4 cup orange juice
- Praline Topping (recipe follows)

Nothing beats this crumbly topping

- 2/3 cup firmly packed light brown sugar
- 1/3 cup all-purpose flour
- 1/2 teaspoon ground cinnamon
- 1/4 cup butter, melted
- 1 teaspoon vanilla extract
- 1 cup chopped pecans

Instructions:

1. Preheat oven 350F. Coat 2-quart casserole with nonstick cooking spray.
2. In bowl, cream together all ingredients except the topping with potato masher or mixer until blended. Transfer to prepared dish and sprinkle with Praline Topping (see recipe).
3. Bake 40-45 minutes or until thoroughly heated and topping is brown and crumbly.

Praline Topping:

1. In bowl, mix together brown sugar, flour, and cinnamon. Stir in butter, vanilla, and pecans until crumbly.

Serving Size: 12 (1/3 cup) servings