

# SWEET POTATO CASSEROLE (DIABETIC FRIENDLY)



**PREP TIME** 30 Minutes  
**COOK TIME** 1 Hr 15 Mins



**SERVINGS** 10



## CASSEROLE INGREDIENTS

- 2 ½ pounds sweet potatoes (*about 3 medium*), peeled and cut into 2-inch chunks
- 2 large eggs
- 2 tablespoons brown sugar
- ¼ teaspoon ground cinnamon
- 1 tablespoon canola oil
- 1 cup low-fat evaporated milk
- 1 teaspoon vanilla extract
- ½ teaspoon salt
- 1 8-ounce can of crushed pineapple, undrained
- ½ cup chopped pecans, toasted (*see Tip*)

## MERINGUE TOPPING

- 4 teaspoons dried egg whites (*see Note*), reconstituted according to package directions, or 2 large pasteurized egg whites, at room temperature
- ¼ cup granulated sugar

## TIPS

To toast chopped nuts, place in a small dry skillet and cook over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

To make soft peaks, beat egg whites with an electric hand mixer until they are stiff, but still soft enough to curl over when beaters are turned upside down.

A broiler-safe baking dish is one made of metal or earthenware. Glass baking dishes, such as Pyrex, may shatter under the broiler.

**MAKE AHEAD TIP:** Prepare through Step 4; cool, cover and refrigerate for up to 2 days. Reheat, covered, in the microwave on High, before finishing with Steps 5-6.

**NOTE:** Pasteurized dried egg whites are a wise choice in recipes that call for uncooked egg whites. Look for brands like Just Whites in the baking section of most supermarkets.

## INSTRUCTIONS

- 1 Place sweet potatoes in a large saucepan and cover with water. Bring to a boil. Reduce heat to a simmer and cook until tender, 10 to 15 minutes. Drain well and transfer to a food processor. Process until smooth.
- 2 Preheat oven to 350 °F. Coat an 8-inch-square (or similar 2-quart) broiler-safe baking dish (see Tip) with cooking spray.
- 3 Whisk whole eggs, brown sugar, cinnamon, oil, evaporated milk, vanilla and salt in a large bowl until smooth. Add the sweet potato; whisk until smooth. Stir in pineapple and its juice. Spread the mixture in the prepared baking dish. Sprinkle with pecans.
- 4 Bake the casserole until heated through and the edges are bubbling, 35 to 45 minutes. Set aside while you make the topping.
- 5 To prepare meringue topping: Position rack in top third of oven; preheat broiler. Beat egg whites in a medium bowl with an electric mixer at high speed until soft peaks form (see Tip). Beat in granulated sugar in a slow, steady stream. Continue beating until stiff peaks form.
- 6 Spoon the meringue into a gallon-size sealable bag. Seal the bag, pressing out as much air as possible. Cut a ½-inch hole in one corner. Pipe the meringue onto the casserole, making marshmallow-size dots. (Alternatively, use a pastry bag fitted with a ½-inch tip or spread the meringue over the casserole as if you were frosting a cake.) Broil until lightly browned, watching carefully to prevent burning, 30 to 90 seconds.

## NUTRITION PROFILE

- Diabetic Appropriate
- Gluten-Free
- Healthy Immunity
- Heart Healthy
- High Fiber
- Low-Calorie
- Low Sodium
- Vegetarian

**SERVING SIZE:** about ½ cup

**PER SERVING:** 196 calories; 7 g fat(1 g sat); 3 g fiber; 29 g carbohydrates; 5 g protein; 13 mcg folate; 41 mg cholesterol; 18 g sugars; 10 g added sugars; 14068 IU vitamin A; 14 mg vitamin C; 103 mg calcium; 1 mg iron; 194 mg sodium; 361 mg potassium

**NUTRITION BONUS:** Vitamin A (281% daily value), Vitamin C (23% dv)

**CARBOHYDRATE SERVINGS:** 2

**EXCHANGES:** 1 starch, 1 other carbohydrate, 1 fat

**COURTESY OF:** Jessie Price, EatingWell Editor-in-Chief

<http://www.eatingwell.com/recipe/250175/meringue-topped-sweet-potato-casserole/>