

Healthy Recipe of the Week

GET HEALTHY, STAY HEALTHY

Meringue-Topped Sweet Potato Casserole

Ingredients

- 2 1/2 pounds sweet potatoes (about 3 medium), peeled and cut into 2-inch chunks
- 2 large eggs
- 2 tablespoons brown sugar
- 1/4 teaspoon ground cinnamon
- 1 tablespoon canola oil
- 1 cup low-fat evaporated milk
- 1 teaspoon vanilla extract
- 1/2 teaspoon salt
- 1 8-ounce can of crushed pineapple, undrained
- 1/2 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
- 1/4 cup granulated sugar

Preparation

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 1/2-inch hole in one corner. Pipe the meringue onto the casserole, making marshmallow-size dots. (Alternatively, use a pastry bag fitted with a 1/2-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.

Tips & Notes

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

Nutrition

Per serving: 196 calories; 7 g fat (1 g sat , 3 g mono); 46 mg cholesterol; 29 g carbohydrates; 10 g added sugars; 5 g protein; 3 g fiber; 194 mg sodium; 361 mg potassium.

Makes: 10 servings, about 1/2 cup each • **Active Time:** 30 minutes • **Total Time:** 1 1/4 hours

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