



Whipped Sweet Potatoes with Apples

(Adapted from the American Institute for Cancer Research)

This year, why not try an alternative to the traditional sweet potato casserole with marshmallow creme? This recipe allows you to not only cut out some of the sugar found in the traditional casserole, but also provides a way to add more fruit to your holiday table.

Ingredients:

3 ½ pounds sweet potatoes, about 6 medium ones
1 Tbsp. canola oil
2 Tbsp. pure, dark maple syrup, or to taste
Salt and freshly ground pepper
2 tsp. unsalted butter or margarine
1 Golden Delicious apple
Nonstick cooking spray
Nutmeg for garnish

Instructions:

Peel and cut the sweet potatoes into 2-inch cubes. Steam them in a steamer basket, in the microwave, or in a pot with 1/4 cup of water, cover and steam for 10-15 minutes or until the cubes are tender.

Place the sweet potatoes in a large bowl. Add the canola oil and maple syrup to the hot sweet potatoes and mash until smooth. Season to taste with salt and pepper.

Spray a 9-inch square baking pan with cooking spray. Spread the sweet potatoes into the prepared dish, making an even layer.

Peel, halve and core the apple. Place each half, cut-side down, on a cutting board and cut it crosswise into thin slices. Arrange the slices in overlapping rows to cover the sweet potatoes.

Melt the butter in the microwave and then brush the apples lightly with the melted butter.

Bake uncovered until the sweet potatoes are heated through and the apple slices have softened, about 25 to 30 minutes. Serve warm or at room temperature with nutmeg sprinkled on top.

Nutritional Information: (Makes 12 - 1/2 cup servings)

Per serving:

110 calories

2 grams total fat (<1 g. saturated fat)

22 grams carbohydrates

1 gram protein

3 gram dietary fiber

28 mg. sodium