

Sweet Potato Casserole

1 can (40 oz.) sweet potatoes in syrup, drained
1/3 granulated sugar
1/2 tsp. salt
1/4 cup fat-free egg product
1/4 cup fat-free skim milk
1/2 tsp. vanilla

Topping:

1/4 cup packed brown sugar
3 Tbs. Gold Medal® all-purpose flour
1 tsp. ground cinnamon
1 Tbs. no-trans-fat 68% vegetable oil spread, melted
1/3 cup chopped pecans

Heat oven to 350°F. Spray 1 1/2 -quart casserole with cooking spray. In large bowl, mash sweet potatoes. Stir in granulated sugar, salt, egg product, milk, and vanilla; spoon into casserole. In small bowl, mix all topping ingredients except pecans until well blended. Stir in pecans. Sprinkle over sweet potato mixture. Bake uncovered 35 to 40 minutes or until thoroughly heated. 8 servings. Per serving: 250 calories, 5 grams fat.

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