

Sweet Potato Casserole

Courtesy of Carole's Creations

Prep Time: 20 minutes and during baking time

Cooking Time: 1 hr. 30 min. total

Serves: 6

CChints: This recipe serves 6 and bakes in an 8x8 pan but the recipe can be doubled and baked in a 9x13 pan. Try to buy potatoes that are about the same size so they cook in the same amount of time. Remember, you always measure brown sugar packed into the measuring container.

Casserole:

2-1/2 pound sweet potatoes, rinsed and scrubbed

2 large eggs, slightly beaten

3 Tablespoons unsalted butter, melted

3 tablespoons brown sugar

1/4 cup half and half

1 teaspoon orange zest

2 tablespoons orange juice

1 teaspoon salt

1/2 teaspoon vanilla

1/2 teaspoon ground cinnamon

1/2 teaspoon ground ginger

1/8 teaspoon ground nutmeg



Topping:

3 tablespoons unsalted butter

2/3 cup chopped pecans

1/2 cup brown sugar

Optional: 1/4 cup or more mini marshmallows or about 10 large ones cut in half

Preheat oven to 400 degree F. Place potatoes on a baking sheet and prick the skin 2-3 times with a fork. Bake for 45-60 minutes until tender in the center. The size of the potatoes will determine how long they have to bake until they are tender. Remove from the oven and allow to cool.

While the potatoes are baking you can do all the prep for the rest of the casserole. In a large bowl combine the beaten eggs through the nutmeg and whisk together well. Set aside. Measure the ingredients for the topping and at the last minute, slice the butter into thin pieces.

When the potatoes are cool enough to handle, cut them in half to be sure they are done in the center. The skins should peel off easily. Discard the skin and put the potatoes into the bowl with the casserole mixture. Stir as you go and blend well.

Spray an 8x8 pan or casserole with butter flavored cooking spray or smear the insides with a small amount of butter. Carefully pour the mixture into the casserole and spread it out evenly. Top with the thin slices of butter and sprinkle with pecans. Sprinkle the brown sugar over the top and bake for 30 minutes. If you are using marshmallows, add them to the top about half way through the baking process so they don't burn.

Enjoy!