



HEALTHY
HOLIDAY
MEALS



LOW-CARB SWEET POTATO CASSEROLE

THE PERFECT CASSEROLE FOR THE HOLIDAY SEASON

8 medium sweet potatoes, peeled and cubed

- 1/3 cup orange juice
- 1/4 cup fat-free half & half
- 1 egg white
- 3 tbsp coconut oil
- 2 tbsp Splenda brown sugar
- 1 1/4 tsp vanilla extract
- 3/4 tsp cinnamon
- 3/4 tsp nutmeg
- 1/4 tsp salt
- 1/4 cup pecans, chopped
- Zest of 1 orange

makes approximately 8 servings

Nutrition Information per 1/2 cup: 95 calories, 4 g fat, 0 g saturated fat, 55 mg sodium, 14 g carbohydrates, 2 g dietary fiber, 1 g protein

- 1** Boil the potatoes in lightly salted water for 25 minutes or until tender. While potatoes boil, Preheat the oven to 350° F. Grease a medium-sized casserole dish and set aside.
- 2** When potatoes are done, drain water and pour potatoes into large bowl.
- 3** Add the orange juice and half and half. Whip with a hand mixer. Add the egg white, coconut oil and sugar, and beat until well mixed. Add the vanilla, salt, cinnamon and nutmeg, then blend together. Pour into prepared casserole dish. Top with pecans and orange zest.
- 4** Cover with foil and bake for 30 minutes. Take out and remove foil. Bake for an additional 15 minutes. Remove from the oven and serve.