Sweet Potato Casserole

It’s sweet, it’s delicious – it’s a VEGETABLE?

Level: Medium  Serves 8

Ingredients:
- 40 ounces canned sweet potatoes, drained
- 2 eggs
- ¼ cup sugar
- ⅛ cup evaporated milk
  (or a 5-ounce can)
- ¼ teaspoon salt
- ¼ teaspoon nutmeg
- 2 tablespoons margarine, melted
- ¼ cup brown sugar
- ¼ cup chopped walnuts, optional

Directions:

Remember to wash your hands!

1. Preheat oven to 350 degrees.
2. Spray 1-quart casserole dish with cooking spray.
3. In a large bowl, combine sweet potatoes and eggs; mash with an electric mixer.
4. Add sugar, milk, salt, nutmeg and margarine. Mix well.
5. Spoon into casserole dish and top with brown sugar and nuts.
6. Bake for 45 to 55 minutes or until set.

Helpful Hints: This is a great recipe for kids to fix as part of a holiday meal. The fun of mashing the canned potatoes and eggs together will attract kids who may otherwise shy away from kitchen fun. The aroma of sugar and spice as it bakes will bring some great compliments to your young cook. More compliments will follow when everyone tastes how delicious it is!

Safety Tip: The texture of these sweet potatoes makes them perfect for very young children, if the nuts are omitted. If kids under age three are coming to dinner, it is probably a good idea to leave the nuts out of this recipe. Nuts can cause choking in very young children – and may cause an allergic reaction, too.

For more information about this and other fun recipes: contact your county extension office or visit the Web site at [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu), or e-mail kidsacookin@ksu.edu.