

Sweet Potato Casserole


It's sweet, it's delicious - it's a VEGETABLE?



Level: Medium

Serves 8

Kids' Tool Kit

Can opener 
Electric mixer
Casserole dish
Mixing bowl
Spoon
Measuring spoons
Measuring cups
Hot pad
Rubber spatula

Ingredients:

40 ounces canned sweet potatoes,
drained
2 eggs
1/4 cup sugar
3/4 cup evaporated milk
(or a 5-ounce can)
1/4 teaspoon salt
1/4 teaspoon nutmeg
2 tablespoons margarine, melted
1/4 cup brown sugar
1/4 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.

Chef's Choice

Sweet Potato
Casserole
Ham slice
Fruit cocktail
Milk

Nutrition Facts

| | |
|--|---------------------------|
| Serving Size 3/4 cup (195g) | |
| Servings Per Container 8 | |
| Amount Per Serving | |
| Calories 240 | Calories from Fat 45 |
| % Daily Value* | |
| Total Fat 5g | 7% |
| Saturated Fat 1.5g | 7% |
| Cholesterol 55mg | 19% |
| Sodium 210mg | 9% |
| Total Carbohydrate 45g | 15% |
| Dietary Fiber 4g | 14% |
| Sugars 34g | |
| Protein 4g | |
| Vitamin A 170% | Vitamin C 25% |
| Calcium 10% | Iron 8% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. | |
| Calories: 2,000 2,500 | |
| Total Fat | Less than 65g 80g |
| Saturated Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300mg |
| Sodium | Less than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4 | |



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, or e-mail kidsacookin@ksu.edu.

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.