

Maple-Glazed Sweet Potato Casserole

Slash the calories of a classic holiday favorite with a twist using whipped egg whites, making our version light and fluffy.

Ingredients

Servings: 6

- Cooking spray
- 1 40-ounce can chopped sweet potatoes or yams in light syrup, drained
- 1 teaspoon pumpkin pie spice and 1/4 teaspoon pumpkin pie spice, divided use
- 1 teaspoon vanilla extract
- 1/4 teaspoon salt
- 2 large egg whites
- 1/4 cup unsalted pumpkin seeds
- 2 tablespoons pure maple syrup
- 2 tablespoons all-purpose flour
- 1 tablespoon olive oil


Directions

1. Preheat the oven to 400°F. Lightly spray a 1 1/2-quart baking dish with cooking spray.
2. In a large bowl, using a potato masher or fork, mash the potatoes. (Alternatively, put the sweet potatoes in a large re-sealable plastic bag. Securely seal the bag. Using your hands mash the sweet potatoes. Transfer to a large bowl.) Stir in 1 teaspoon pumpkin pie spice, vanilla, and salt until well blended. Transfer the sweet potato mixture into the baking dish.
3. In a large metal or glass bowl, using an electric mixer on high speed, beat the egg whites for 3 to 4 minutes, or until stiff peaks form (the peaks don't fall when the beaters are lifted). (Alternatively, using a fork or hand whisk, whisk the eggs whites until frothy.) Using a spatula, gently fold the egg whites into the sweet potato mixture.
4. In a small bowl, stir together the pumpkin seeds, maple syrup, flour, oil, and remaining 1/4 teaspoon pumpkin pie spice. Sprinkle over the sweet potatoes.
5. Bake for 20 to 25 minutes, or until the sweet potatoes are fluffy and the topping is golden brown.

Quick Tips

Cooking Tip: Even a single drop of egg yolk will prevent egg whites from forming peaks when beaten, so separate eggs very carefully. If you're using more than one egg, crack just one egg and drain the white into a small bowl. Pour the yolk into a separate bowl. Pour the white into the mixing bowl. Repeat with the remaining eggs. That way you won't spoil the entire bowl of whites if a yolk breaks. If you do get a speck of yolk in the white, blot the yolk up with the corner of a paper towel.

Tip: You can replace the canned sweet potatoes with 40 ounces frozen chopped sweet potatoes, cooked, or 5 cups peeled, cooked, and chopped fresh sweet potatoes (1 1/2 to 2 pounds) if you prefer.

Nutrition Facts **Calories**
249 Per Serving**Protein**
5g Per Serving**Fiber**
5g Per Serving**Cost Per Serving**
\$1.34

Nutrition Facts	
Calories	249
Total Fat	5.5 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.5 g
Monounsaturated Fat	2.0 g
Cholesterol	0 mg
Sodium	176 mg
Total Carbohydrate	46 g
Dietary Fiber	5 g
Sugars	13 g
Protein	5 g

Dietary Exchanges

1/2 fat, 3 starch

References

1. American Heart Association. 2024. Web address: <https://recipes.heart.org/en/recipes/maple-syrup-glazed-sweet-potato-casserole>