



Sweet Potato Casserole

(Holiday Friendly!)

Swap regular potatoes with this dish for a more nutritious, lower glycemic-index choice this Diabetes Awareness Month!

SERVINGS: 6

PREPPING TIME: 30 MIN

COOKING TIME: 20 MIN

Ingredients

- 4 to 6 medium sweet potatoes, diced
- 1/2 cup 2% milk
- 1/2 cup ricotta cheese,
- 3 tbsp margarine
- 3/4 tsp salt
- 1/2 tsp vanilla extract
- 1/2 tsp ground ginger
- 1 tsp ground cinnamon
- 1/2 tsp black pepper

For Topping

- 1/4 cup sliced almonds, unsalted
- 1/4 cup pumpkin seeds, unsalted
- 1/4 cup medjool dates chopped
- 1 tbsp margarine

Directions

1. Preheat oven to 350 F
2. Wash sweet potatoes and dice, keeping the skin on
3. In a medium pot, boil water and add sweet potatoes for 15-20 minutes
4. Once potatoes are soft, add to a mixing bowl and mash.
5. Mix in the milk, ricotta, margarine, salt, vanilla, ginger, cinnamon, and black pepper
6. Scoop the mixture into a 8x8 baking dish and spread evenly.
7. Separately, in a small bowl, melt margarine and mix in almonds, seeds, and dates
8. Sprinkle over the sweet potatoes and bake in the oven for about 20 minutes

Nutrition Facts (Per Serving): 297 Calories, 13 grams (g) fat, 4 g saturated fat, 8 g protein, 38 g carbohydrates, 6 g fibre (21%DV), 842mg potassium (18%DV), 1.58mg iron (9%DV)

Recipe Modified by Sarah Sandham, RD with the PEFHT. Nov. 2023 from [recipes.sunproducecoop.org](https://www.sunproducecoop.org)