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WHIPPED SWEET POTATOES WITH PECAN CRUMBLE TOPPING

— *Recipe courtesy of Mary Kimbrough, RD, LD*

Serves 8 (1/2-cup serving)

Whipped Sweet Potatoes

4 sweet potatoes (about 8 to 9 oz each)
1 1/2 cups plain yogurt, fat-free, Greek-style
1/2 tsp vanilla
1 tsp Kosher salt
Cooking spray (butter flavor)

Pecan Crumble Topping

1/2 cup oats, whole
1/4 cup pecans, toasted, chopped
2 T butter, chilled, chopped
2 T dark-brown sugar
1/2 tsp cinnamon, ground
1/8 tsp nutmeg, ground

Directions

Preheat oven to 350°F.

Wash sweet potatoes, pat dry, and place in oven on bottom rack.

Prepare crumble topping by placing all ingredients in a bowl. Using a fork or the back of a spoon, mash ingredients together until all are well incorporated and hold together in small clusters. Reserve.

Bake potatoes for approximately 40 to 60 minutes until soft to the touch when pinched. Roasting will allow the sugar in the potato to caramelize naturally. Remove potatoes from oven and allow to cool before removing skins.

Place warm sweet potato flesh in a mixing bowl. Add yogurt, vanilla, and salt.

Whip using wire whip attachment on medium speed for about 1 minute. Scrape sides down and turn to high and whip for about 30 seconds until all of the yogurt is incorporated in potatoes.

Prepare glass or ceramic baking dish (1 1/2 to 2 qt) by covering surface with cooking spray. Scoop potato mixture into prepared baking dish. Sprinkle crumble evenly across top of potatoes. Lightly spray with cooking spray. Place in hot oven at 350°F for about 40 to 50 minutes to heat potatoes. The topping should be lightly browned. Remove pan from oven and serve.

Nutrient Analysis: *Calories: 200; Total fat: 6 g; Sat fat: 2 g; Trans fat: 0; Cholesterol: 10 mg; Sodium: 290 mg; Carbohydrate: 30 g; Fiber: 4 g; Sugar: 10; Protein: 8 g*

