

## **Sweet Potato Casserole**

3 lbs sweet potatoes or yams  
1 cup pecan pieces  
2 teaspoons cinnamon  
½ teaspoon nutmeg  
1 teaspoon salt  
¼ teaspoon pepper  
5 tablespoons butter  
¼ cup egg substitute  
1/2 cup Splenda

Poke sweet potatoes with a fork and bake at 400 F for 45-60 minutes until soft.

Place ¾ cup of pecans in blender until ground into meal. Add ¼ cup Splenda, 1 teaspoon cinnamon, a pinch of salt and 2 tablespoons of butter and blend until well mixed. Stir the remaining pecans in by hand

Allow the sweet potatoes to cool for 10-15 minutes. Remove the skins and discard. Place sweet potatoes, 3 tablespoons of butter, remaining seasonings, egg and ¼ cup Splenda in blender and mix until smooth.

Place sweet potato in casserole dish that has been sprayed with non-stick spray and sprinkle pecan topping over the top. Bake at 375 F. until the topping is browned. Makes 12 servings.

Nutrition information per serving: 214 calories, 4 grams protein, 12 grams fat, 25 grams carbohydrate, 278 mg sodium.