

[Back to Sweet Potato-Pecan Casserole](#)

Printable Area

## Sweet Potato-Pecan Casserole

Recipe courtesy Ellie Krieger for Food Network Magazine



<b>Prep Time:</b>	--	<b>Level:</b>	<b>Serves:</b>
<b>Inactive Prep Time:</b>	--	Easy	8 servings
<b>Cook Time:</b>	1 hr 15 min		



### Ingredients

Cooking spray

3 1/2 pounds sweet potatoes (about 5 medium), peeled and cut into 1-inch chunks

1/3 cup honey

1 large egg

1 teaspoon ground cinnamon

1/4 teaspoon ground nutmeg

1/8 teaspoon ground ginger

Kosher salt

1 tablespoon packed dark brown sugar

1/3 cup finely chopped pecans

### Directions

Preheat the oven to 350 degrees F. Mist an 8-inch square baking dish with cooking spray.

Bring a few inches of water to a boil in a pot with a large steamer basket in place. Put the sweet potatoes in the basket, cover and steam until tender, 20 to 25 minutes. Transfer the potatoes to a bowl and let cool slightly. Add the honey, egg, 1/2 teaspoon cinnamon, the nutmeg, ginger and 1/2 teaspoon salt; whip with an electric mixer until smooth. Spread the sweet potato mixture in the prepared baking dish.

Mix the brown sugar, pecans and the remaining 1/2 teaspoon cinnamon in a bowl; sprinkle over the potatoes. Bake until hot and beginning to brown around the edges, 40 to 45 minutes.

Per serving: Calories 160; Fat 4 g (Saturated 1 g); Cholesterol 25 mg; Sodium 180 mg; Carbohydrate 31 g; Fiber 3 g; Protein 3 g

Photograph by Andrew Mccaul

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