



*Simple,  
Seasonal,  
Sustainable*

## Recipe of the Week

### **Maple Syrup-Glazed Sweet Potato Casserole**

#### **Ingredients:**

- 40 oz. canned, chopped sweet potatoes in light syrup, drained (or 1½ pounds cooked sweet potatoes)
- 1¼ tsp. pumpkin pie spice, divided
- ¼ tsp. salt
- 1 tsp. vanilla extract
- 2 large egg whites
- ¼ cup unsalted pumpkin seeds (pepitas)
- 1 Tbsp. olive oil
- 2 Tbsp. maple syrup
- 2 Tbsp. all-purpose flour

Serves 6

249 calories, 5.5 g fat, 0.9 g saturated fat,  
46 g carbohydrate, 5 g fiber, 5 g protein

Source: American Heart Association

#### **Directions:**

1. Preheat oven to 400 degrees.
2. Drain the sweet potatoes and add to large bowl. Using a potato masher or fork, mash well. Stir in 1 teaspoon pumpkin pie spice, salt, and extract.
3. Add egg whites into mixer bowl. Using a whisk attachment (or a hand mixer) whip the egg whites on high speed until firm peaks form, about 3 to 4 minutes. Use a spatula to gently fold egg whites into the sweet potato mixture.
4. Coat a 1.5-quart baking dish with cooking spray. Transfer the sweet potato mixture into the baking dish.
5. In a small bowl, stir together pumpkin seeds, oil, maple syrup, flour, and remaining ¼ teaspoon pumpkin pie spice. Sprinkle over the sweet potatoes.
6. Bake in preheated oven until sweet potatoes are fluffy and topping is golden-brown, about 20 to 25 minutes.

