Sweet Potato Casserole with Crunchy Oat Topping
from cookinglight.com
- Vegetarian friendly
- Major Allergens: Egg, Soy, Nuts (Pecans/Almonds), Wheat (Oats)

Level of Difficulty: 🌟🌟🌟🌟🌟

12 Servings (1/2 cup)
Nutrition Facts per Serving:
Calories: 230  Protein (g): 4
Fat (g): 10  Carbohydrate (g): 31

Ingredients:
- 3 pounds sweet potatoes, peeled and chopped (about 8 cups)
- ½ cup unsweetened soy milk
- 1 tablespoon olive oil
- ½ teaspoon vanilla extract
- ¾ teaspoon kosher salt, divided
- 1 large egg, beaten
- Cooking spray
- 1 cup old-fashioned rolled oats
- 2/3 cup pecans, chopped
- 3 tablespoons almond meal
- 3 tablespoons maple syrup, divided
- 2 tablespoons canola oil

Instructions:

1. Preheat oven to 375°F.

2. Place potatoes in a large saucepan; cover with water to 1 inch above potatoes. Bring to a boil; reduce heat and simmer 6 minutes or until potatoes are tender. Drain. Return potatoes to saucepan. Add soy milk, the olive oil, and the vanilla; mash to desired consistency. Stir in 1/2 teaspoon salt and egg. Spread potato mixture in the bottom of an 11- x 7-inch glass or ceramic baking dish coated with cooking spray.

3. Combine remaining 1/4 teaspoon salt, oats, pecans, almond meal, and 2 tablespoons syrup in a bowl. Add the canola oil; toss to coat. Sprinkle oat mixture over potatoes. Bake at 375°F for 18 minutes or until surface is golden. Remove pan from oven; drizzle with remaining 1 tablespoon maple syrup.