Recipe For Health | NOVEMBER 2020

NANCY ALLEN’S SWEET POTATO CASSEROLE

“This Sweet Potato Casserole recipe was shared with me by my sister-in-law Sue Allen. It has been a cherished recipe in her family. My family, especially John, Brandi & Jenna, loved it so much it became one of our “must have” holiday recipes.”

Featured Food: Nancy’s Recipe

Yield: Serves 12-15

Ingredients

Sweet Potato Casserole:

- 1-40 oz can sweet potatoes, drained.
- 1 tsp vanilla
- 1 cup white sugar
- 2 eggs
- ½ cup milk (may use a milk alternative, soy or almond milk, if any family member is lactose intolerant)

Topping:

- 1 cup brown sugar
- 1/3 cup flour
- 1 cup chopped pecans
- ½ cup softened, room temperature, margarine

Preparation

Blend Sweet Potato Casserole ingredients with a mixer. Pour into a 10x13” baking dish which has been prepared with a baking spray. Mix or chop Topping ingredients to blend them together. Spread over the top of the Sweet Potato mixture.

Bake at 350 degrees uncovered for 45-60 minutes, until ingredients are settled and firm.

Remove from oven. Cool and serve. Enjoy!