



Uploaded to the VFC Website

▶▶▶ June 2015 ◀◀◀

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](#)

If Veterans don't help Veterans, who will?

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members & subscribers.



Meringue-Topped Sweet Potato Casserole

SWEET POTATO CASSEROLE

- 2 1/2 Pounds sweet potatoes (about 3 medium), peeled and cut into 2-inch chunks
- 2 Large eggs
- 2 Tbsp brown sugar
- 1/4 Tsp ground cinnamon
- 1 Tbsp canola oil
- 1 Cup low-fat evaporated milk
- 1 Tsp vanilla extract
- 1/2 Tsp salt
- 1 8-ounce can of crushed pineapple, undrained
- 1/2 Cup chopped pecans, toasted (see Tip)

MERINGUE TOPPING

- 4 Tsp dried egg whites, reconstituted according to package directions, or 2 large pasteurized egg whites, at room temperature
- 1/4 Cup granulated sugar

- 1) Place sweet potatoes in a large saucepan and cover with water. Bring to a boil. Reduce heat to a simmer and cook until tender, 10 to 15 minutes. Drain well and transfer to a food processor. Process until smooth.
- 2) Preheat oven to 350°F. Coat an 8-inch-square (or similar 2-quart) broiler-safe baking dish (see Tip) with cooking spray.
- 3) Whisk whole eggs, brown sugar, cinnamon, oil, evaporated milk, vanilla and salt in a large bowl until smooth. Add the sweet potato; whisk until smooth. Stir in pineapple and its juice. Spread the mixture in the prepared baking dish. Sprinkle with pecans.
- 4) Bake the casserole until heated through and the edges are bubbling, 35 to 45 minutes. Set aside while you make the topping.
- 5) To prepare meringue topping: Position rack in top third of oven; preheat broiler. Beat egg whites in a medium bowl with an electric mixer at high speed until soft peaks form (see Tip). Beat in granulated sugar in a slow, steady stream. Continue beating until stiff peaks form.
- 6) Spoon the meringue into a gallon-size sealable bag. Seal the bag, pressing out as much air as possible.
- 7) Cut a 1/2-inch hole in one corner. Pipe the meringue onto the casserole, making marshmallow-size dots. (Alternatively, use a pastry bag fitted with a 1/2-inch tip or spread the meringue over the casserole as if you were frosting a cake.) Broil until lightly browned, watching carefully to prevent burning, 30 to 90 seconds.



Makes 10 Servings