Sweet Potato Pumpkin Seed Casserole

Source: Recipe inspired by and adapted from OldwaysPT.org

Try this healthier version of a traditional sweet potato casserole that uses apricots, an orange, and lots of aromatic spices to give you lots of flavor.

About the Recipe

145 Calories · 3.2 g Protein · 4.5 g Fiber
Dinner

Ingredients

Makes 10 Servings

- 9 sweet potatoes
- 1 tbsp (15 mL) maple syrup
- 1/2 tsp (2.5 mL) orange zest
- 3 tbsp (45 mL) orange juice
- 1/2 tsp (2.5 mL) ground cinnamon
- 1/2 tsp (2.5 mL) ground ginger
- 1/2 tsp (2.5 mL) ground allspice
- 1/3 c (53 g) apricots, chopped
- 1/4 c (30 g) pumpkin seeds, raw or roasted
- 1 green onion, thinly sliced

Directions

1. Preheat the oven to 400 F (204 C). Pierce the potatoes several times with a fork and bake in a baking dish for 50 to 60 minutes, until the potatoes are tender to the touch.

2. Remove the potatoes from the oven and let them cool for 10 minutes. Scoop the flesh from the sweet potatoes into a mixing bowl, discarding the peels. Gently mash with a potato masher until smooth yet slightly lumpy. Add the syrup, orange juice, cinnamon, ginger, allspice, orange zest, and apricots to the sweet potatoes and stir.
3. Transfer the mixture into a casserole dish or 9-by-13-inch (23-by-33-cm) baking dish and sprinkle with the pumpkin seeds. Bake for about 20 minutes, until the seeds are golden.
4. Remove the dish from the oven and sprinkle with the sliced green onions. Serve immediately.
5. Note: Sweet potatoes vary in size. You want to aim for about 3 pounds (1,361 g) of sweet potatoes.

Nutrition Facts

Per serving:

Calories: 111 kcal
Fat: 3 g
    Saturated Fat: <0.5 g
    Calories From Fat: 12%
Cholesterol: 0 mg
Protein: 3 g
Carbohydrates: 19 g
Sugar: 9 g
Fiber: 3.5 g
Sodium: 31 mg
Calcium: 41 mg
Iron: 1 mg
Vitamin C: 18 mg
Beta-Carotene: 9632 mcg
Vitamin E: 0.8 mg