

Butternut Squash and Sweet Potato Casserole

This recipe takes the classic marshmallow topped holiday side dish and lightens it up with lightly sweetened, cinnamon pecans which are full of fiber and heart healthy fats.

YIELD 12 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 60 MIN
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INGREDIENTS

3 lbs.	Sweet potatoes, cut in half lengthwise
6 cups	Butternut Squash, cubed (~1 medium)
2 Tbsp	Olive or Canola Oil
¾ tsp	Kosher Salt (divided)
¼ tsp	Black Pepper
1 cup	Pecans, whole
1 Tbsp	Butter, room temperature
2 Tbsp	Light Brown Sugar
4 tsp	Cinnamon (divided)
2 Tbsp	Maple Syrup

DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 400°F and spray two large baking sheets and one medium casserole or baking dish with nonstick cooking spray.
2. Cut the sweet potatoes in half lengthwise and cube the butternut squash (remove the seeds), leaving the skin on both. Place on the prepared baking sheets.
3. Drizzle the cubed butternut squash and halved sweet potatoes with the oil and sprinkle with 1/4 tsp salt and 1/8 tsp pepper, using your hands to toss to coat evenly.
5. Roast the vegetables in the preheated oven until very tender (about 15 minutes for squash and 30 minutes for the sweet potatoes).
6. Remove vegetables and reduce the oven temperature to 350°F.
7. Heat large skillet over medium-low heat, add the pecans and toast for five minutes. Stir frequently and be careful not to burn the nuts. Once toasted, remove and set aside to cool slightly.
8. Chop the cooled pecans and add them to a small bowl with the butter, light brown sugar, 2 tsp of the cinnamon, and 1/4 tsp of the salt. Stir to coat and set aside.
9. Peel the sweet potatoes and butternut squash and add to large mixing bowl. Using a potato masher or large fork, thoroughly mash until smooth.



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CHEF'S NOTES

Peel the sweet potatoes and butternut squash after cooking them but let them cool first. The skins get soft and are easily removed with your hands. Roasting the vegetables instead of boiling them adds more depth of flavor, too!

To make this recipe vegan, you can substitute coconut oil for the butter!

10. Add the last $\frac{1}{4}$ tsp salt, $\frac{1}{8}$ tsp pepper, 2 tsp cinnamon, and maple syrup. Continue mashing to thoroughly combine. Transfer mashed mixture to the prepared casserole or baking dish and top with the toasted pecans.

12. Bake for 10-15 minutes or until completely warmed through. Let cool briefly and enjoy!

Nutrition Facts

12 servings per container

Serving Size 1 cup (202 g)

Amount per serving

Calories 240

% Daily Value *

Total Fat 10g 13%

Saturated Fat 1.5g 7%

Trans Fat 0g

Cholesterol less than 5 mgmg 0%

Sodium 190mg 8%

Total Carbohydrate 37g 14%

Dietary Fiber 6g 22%

Total Sugars 11g

Includes 2g Added Sugars 4%

Protein 3g 7%

Vitamin D 0mcg 0%

Calcium 80mg 6%

Iron 2mg 10%

Potassium 700mg 14%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

