

My Sweet Potato Casserole with Sweet Dixie Crystals

Dixie Crystals Sugar

Servings: 6

Preparation Time: 20 minutes

Bake Time: 55 minutes

6 large sweet potatoes, cut and skinned
1/2 cup Dixie Crystals light brown sugar
1/2 cup Dixie Crystals extra fine granulated sugar
1/4 cup maple syrup
1 medium onion, chopped
3/4 cup cashew nuts, chopped
1/2 cup margarine
1 jar marshmallow fluff

Preheat oven to 350 degrees.

Steam skinned sweet potatoes in a pot with a steaming ring or in a steamer for about 35 minutes until soft.

Drain and mash the potatoes in a bowl. Add the brown sugar, granulated sugar and margarine. Mix with an electric mixer on medium for 2 to 3 minutes until no longer lumpy.

Add the onion and cashews to the mixture.

Grease the entire bottom and sides of a 2-quart casserole dish with margarine or non-stick baking spray.

Pour the entire sweet potato mixture into the casserole dish. Top the entire dish with the marshmallow fluff, spreading it on like icing on a cake.

Drizzle the maple syrup in a nice circular pattern on the top of the casserole.

Bake for 20 to 30 minutes until done.

Let cool before cutting and serving.

Per Serving (excluding unknown items): 323 Calories; 16g Fat (42.7% calories from fat); 3g Protein; 45g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 198mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Vegetable; 3 Fat; 1 Other Carbohydrates.