

Tropical Sweet Potato Bake

Joan Hallford - North Richland Hills, TX
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Servings: 10

5 medium (3 pounds) sweet potatoes, peeled and cubed
2/3 cup packed brown sugar
3 tablespoons butter
1/4 teaspoon salt
1/4 teaspoon ground cloves
1/8 teaspoon pepper
2 teaspoons grated orange zest
1/3 cup orange juice
1/4 cup orange liqueur (optional)
3 medium ripe bananas, mashed
2 large eggs, lightly beaten
1/2 cup pecans, toasted
1/4 cup sweetened shredded coconut, toasted
2 tablespoons brown sugar
1/4 cup butter, melted

Preparation Time: 50 minutes**Bake Time: 35 minutes**

Preheat the oven to 350 degrees.

Place the sweet potatoes in a Dutch oven. Add water to cover. Bring to a boil. Reduce the heat. Cook, covered, just until tender, 12 to 15 minutes. Drain. Cool slightly.

Return to the pan. Mash with the brown sugar, butter, salt, cloves and pepper until smooth.

Stir in the orange zest, orange juice and if desired, the orange liqueur. Add the bananas and eggs. Mix well. Transfer to a greased two-quart baking dish.

For the topping: Mix the granola, pecans, coconut and brown sugar. Sprinkle over the sweet potatoes. Drizzle with melted butter.

Bake, uncovered, until heated through, 35 to 45 minutes.

Per Serving (excluding unknown items): 256 Calories; 13g Fat (44.3% calories from fat); 3g Protein; 34g Carbohydrate; 2g Dietary Fiber; 64mg Cholesterol; 164mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Fruit; 2 1/2 Fat; 1 Other Carbohydrates.