



# Serena Spa

## HEALTHY LIVING

### Sweet Potato Casserole with Orange & Ginger

**Makes 6 servings**

#### Description

A fiber-rich version of the traditional sweet-potato casserole, spiked with citrus zest and fresh ginger.

**Tip:** The potatoes can be baked two days in advance. When they're cool, remove the skin and refrigerate in an air-tight container.

#### Ingredients

4 medium sweet potatoes (about 1.5 kg), scrubbed  
1 tablespoon orange zest  
2 teaspoons minced fresh ginger  
Salt and freshly ground black pepper  
¼ cup orange juice (or to taste)  
2 large egg yolks  
½ cup fat-free milk  
1/3 cup chopped pecans  
Cooking oil

#### Instructions

Preheat oven to 200°C. Line a baking sheet with foil. Pierce potatoes with a fork and place on sheet. Bake 75 minutes, until very tender. Remove from oven; cut in half length-wise and let cool 10 minutes. Reduce oven temperature to 180°C.

From an orange, grate 1 tablespoon zest. When potatoes are cool enough to handle, scoop flesh from skins into bowl of food processor. Add orange zest, ginger, and salt and pepper; process to combine. Add orange juice as desired. Add egg yolks to mixture; process to combine. With motor running, pour milk through feed tube and process until blended.

Coat a 1 1/2-litre glass or stone-ware casserole with cooking oil. Spoon in potato mixture and spread to an even layer with a spatula. Sprinkle evenly with pecans. Bake 30 minutes, until casserole is hot and pecans are browned.

#### Nutritional information

156 calories  
8 g total fat (1 g saturated)  
69 mg cholesterol  
22 g carbohydrate  
4 g protein  
4 g fibre  
41 mg sodium