



Sweet Faux-tato Casserole



1/8th of casserole: 200 calories, 4.5g total fat (0.5g sat. fat), 367mg sodium, 28.5g carbs, 4g fiber, 16.5g sugars, 6g protein

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Prep: 20 minutes **Cook:** 1 hour and 5 minutes



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Ingredients

8 cups cubed butternut squash
2 tbsp. light whipped butter or light buttery spread
1/2 cup old-fashioned oats
1 oz. (about 1/4 cup) roughly chopped pecans
2 tbsp. whole-wheat flour
1/4 cup brown sugar (not packed)
3/4 tsp. salt
2/3 cup fat-free milk, light vanilla soymilk, or unsweetened vanilla almond milk
2/3 cup lite pancake syrup
2 tsp. cinnamon
1 cup egg whites or fat-free liquid egg substitute
1 tsp. vanilla extract

Directions

Preheat oven to 350 degrees. Spray a 9" X 13" baking pan with nonstick spray.

Place squash in a large microwave-safe bowl. Add 1/4 cup water, and cover. Microwave for 10 minutes, or until just tender enough to mash. Drain well.

In a medium-large microwave-safe bowl, microwave butter for 20 seconds, or until melted. Add oats, pecans, flour, 1 tbsp. brown sugar, and 1/4 tsp. salt. Mix well.

Roughly mash squash. Add milk, syrup, cinnamon, remaining 3 tbsp. brown sugar, and remaining 1/2 tsp. salt. Add egg whites/substitute and vanilla extract. Mix thoroughly, but do not over-stir.

Transfer mixture to the baking pan. Sprinkle with oats mixture.

Bake until firm, 50 - 55 minutes.

Let cool for 10 minutes before slicing.

MAKES 8 SERVINGS

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