



## 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

**Green Plan [SmartPoints](#)® value 5\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 5\***

**Purple Plan [SmartPoints](#)® value 5\***

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



Tagged: [Recipes for Sides, Starters & Snacks](#), [Holiday Recipes](#), [Vegetarian Recipes](#), [Four or More Servings](#)

### 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**

[SmartPoints](#)® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.