Sweet Potato, Carrot and Apple Casserole – 9 Servings

Adapted from Ellie Krieger for Food Network Magazine

Per Serving: 150 Calories, 1.7 gm Protein, 0.3 gm Fat, 37 gm Carbohydrates

Cooking spray
1 pounds sweet potatoes (about 1 medium), peeled and cut into 1-inch chunks
1 pound apple, peeled and cut into 1-inch chunks
(about 3 medium)
1 1/2 pound carrots, peeled and cut into 1-inch chunks
(about 10 medium carrots)
1/3 cup honey
1 1/2 tsp dry Ener-G Egg Replacer plus 2 tbsp water
1 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1/8 teaspoon ground ginger
Kosher salt
1 tablespoon packed dark brown sugar

Directions
1. Preheat oven to 350°F. Mist an 8-inch square baking dish with cooking spray.
2. Bring a few inches of water to a boil in a pot with a large steamer basket in place. Put the sweet potatoes, apples and carrots in the basket, cover and steam until tender, 20 to 25 minutes. Transfer the potatoes, apples and carrots to a bowl and let cool slightly. Add to the bowl the honey, egg replacer (plus the 2 Tbsp water), 1/2 teaspoon cinnamon, the nutmeg, ginger and 1/2 teaspoon salt; whip with an electric mixer until smooth. Spread the pureed mixture in the baking dish.
3. Mix the brown sugar and the remaining 1/2 teaspoon cinnamon in a bowl; sprinkle over the potatoes, apples and carrots. Bake until hot and beginning to brown around the edges, 40 to 45 minutes.

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size (191g)</th>
<th>Servings Per Container</th>
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</thead>
<tbody>
<tr>
<td>Calories 150</td>
<td>% Daily Value</td>
</tr>
<tr>
<td>Total Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
<td>0%</td>
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<tr>
<td>Trans Fat 0g</td>
<td>0%</td>
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<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
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<tr>
<td>Sodium 80mg</td>
<td>3%</td>
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<tr>
<td>Total Carbohydrate 37g</td>
<td>12%</td>
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<tr>
<td>Dietary Fiber 5g</td>
<td>20%</td>
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<tr>
<td>Sugars 22g</td>
<td></td>
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<tr>
<td>Protein 2g</td>
<td></td>
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</table>

Vitamin A 400% • Vitamin C 15%
Calcium 8% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Total Fat Less than 5g
Saturated Fat Less than 2g
Cholesterol Less than 20mg
Sodium Less than 240mg
Total Carbohydrate 37g
Dietary Fiber 5g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4