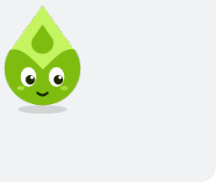
Dinner

Sweet Potato Carrot Bake with Pecans

Soft sweet potatoes and carrots are mashed with brown sugar and warm spices, then topped with pecans and baked until lightly browned. It makes a cosy, comforting side dish for a family table.



Vegetarian | Gluten free

75 min	120	15 g	5 g
time	calories	carbs	sugars

Ingredients, 8 servings

- [ ] 1/3 cup pecans (chopped)
- [ ] 1/8 tsp ground nutmeg
- [ ] 1/4 tsp ground cloves
- [ ] 3/4 tsp ground cinnamon
- [ ] 1 tbsp brown sugar
- [ ] 3 tbsp buttery spread (melted, divided)
- [ ] 2 med carrots (peeled and sliced)
- [ ] 1 lbs sweet potatoes (peeled and cut into 1-inch cubes)
- [ ] 1 spray, 0.25 g nonstick cooking spray

Method

- [ ] **1** Set the oven to 350°F. Spray a 1 1/2 to 2 quart casserole dish with the nonstick cooking spray and leave it nearby.
- [ ] **2** Pour water into a large saucepot until it reaches the two thirds mark, then drop in the sweet potatoes.
- [ ] **3** Over medium heat, bring the water to a boil and let the sweet potatoes cook for 20 minutes.
- [ ] **4** Stir the carrots into the pot and give them another 15 to 20 minutes, until everything is tender.
- [ ] **5** Pour off the water but hold back 1/4 cup of it, then move the drained sweet potatoes and carrots into a bowl.
- [ ] **6** Using a potato masher, work the sweet potatoes, carrots, and the saved 1/4 cup cooking water into a smooth mash.
- [ ] **7** Fold 2 tbsp of the melted buttery spread into the mash together with the brown sugar, ground cinnamon, ground cloves, and ground nutmeg, stirring until evenly blended.
- [ ] **8** Transfer the mash to the casserole dish, scatter the pecans across the top, and drizzle with the last of the melted buttery spread.
- [ ] **9** Cover the dish and bake for 15 minutes, then bake it uncovered for another 10 minutes so the top turns lightly browned.

Nutrition Facts

Per serving

Calories	**120**
Total fat	7 g
Saturated fat	1 g
Sodium	80 mg
Total carbs	15 g
Fiber	3 g
Total sugars	5 g
Protein	1 g

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