

Dinner | Side

Sweet Potato Casserole

15 Mins
Prep Time

30 Mins
Cook Time

6
Servings

232 Calories **6g Fat** **43g Carbs** **3g Protein**



Ingredients

6 Servings **45 Mins Total Time** **Allergens: Dairy**

2½ lbs Sweet Potatoes (about 3-4)

3 Tbsp Unsalted Butter, room temperature

2 Tbsp Brown Sugar

¼ Tsp Salt

½ Tsp Ground Cinnamon

½ Tsp Ground Ginger

¼ Tsp Nutmeg

Allergen Swap

Dairy Use a dairy-free butter alternative

Nourishment Note



Sweet Potatoes

Peeled and cooked sweet potatoes provide your body with potassium, an electrolyte, that can be low as a result of a flare.



Cinnamon

Cinnamon may help lower inflammation in your body, reducing symptoms associated with Crohn's disease and ulcerative colitis.



Ginger

Ginger is a great spice to use in recipes not only for its flavor, but it also may help reduce inflammation, and minimize stomach pain or nausea.

Instructions

1. Prep Sweet Potatoes

Pierce each potato a few times with a fork and cover with a damp paper towel. Place in microwave, and cook using the “potato setting”, or on high for 11-15 minutes until tender. Keep covered and set aside to cool.

2. Mash Sweet Potatoes

Scoop potato flesh into a mixing bowl and mash until smooth. Add butter, brown sugar, salt, cinnamon, ginger, and nutmeg and stir well.

3. Cook Sweet Potatoes

Spray an 8x8-inch baking dish with nonstick cooking spray. Spoon sweet potato mixture into the baking dish and spread into an even layer. Microwave for about 10 minutes or until heated through.

4. Serve & Enjoy

Once fully cooked, set aside to let dish cool. Serve and enjoy!

Recipe Created by Meijer Registered Dietitians,
Beth Eggleston and Emily Parsell

What You'll Need



Microwaveable Dish



Fork



Spoon



Mixing Bowl



Measuring Spoons



Whisk



8x8-Inch Baking Dish



Non-Stick Cooking Spray



Paper Towels

Remission Remix

- Top sweet potato casserole with toasted, chopped pecans or walnuts.