**Sweet Potato Casserole**

**Ingredients:**
- 2 1/2 pounds sweet potatoes (3 medium), peeled and cut into 2-inch chunks
- 2 large eggs
- 1 tablespoon canola oil
- 1 tablespoon honey
- 1/2 cup low-fat milk
- 2 teaspoons freshly grated orange zest
- 1 teaspoon vanilla extract
- 1/2 teaspoon salt

**Topping:**
- 1/2 cup whole-wheat flour
- 1/3 cup packed brown sugar
- 4 teaspoons frozen orange juice concentrate
- 1 tablespoon canola oil
- 1 tablespoon butter, melted
- 1/2 cup chopped pecans

**Preparation:**
1. Place sweet potatoes in a large saucepan and cover with water. Bring to a boil. Cover and cook over medium heat until tender, 10 to 15 minutes. Drain well and return to pan. Mash with a potato masher. Measure out 3 cups. (Reserve any extra for another use).
2. Preheat oven to 350°F. Coat an 8-inch-square (or similar 2 quart) baking dish with cooking spray.
3. Whisk eggs, oil, and honey in a medium bowl. Add mashed sweet potato and mix well. Stir in milk, orange zest, vanilla and salt. Spread the mixture in the prepared baking dish.
4. To prepare topping: Mix flour, brown sugar, orange juice concentrate, oil and butter in a small bowl. Blend with a fork or your fingertips until crumbly. Stir in pecans. Sprinkle over the casserole.
5. Bake the casserole until heated through and the top is lightly browned, 35 to 45 minutes. Yield: 10 servings

**Serving Size:** 1/2 cup  
**Calories:** 242  
**Fat:** 10g  
**Sat Fat:** 2g  
**Cholesterol:** 46mg  
**Carbohydrates:** 36g  
**Protein:** 5g  
**Fiber:** 4g  
**Sodium:** 170mg

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**Sautéed Brussels Sprouts with Bacon & Onions**

**Ingredients:**
- 2 1/2 pounds Brussels sprouts, trimmed
- 4 slices bacon, cut into 1-inch pieces
- 1 tablespoon extra-virgin olive oil
- 1 large onion, diced
- 4 sprigs thyme or savory, plus 2 teaspoons leaves, divided
- 1 teaspoon salt
- Freshly ground pepper to taste
- 2 teaspoons lemon juice (optional)

**Preparation:**
1. Bring a large pot of water to a boil. If sprouts are very small, cut in half; otherwise cut into quarters. Cook the sprouts until barely tender, 3 to 5 minutes. Drain.
2. Meanwhile, cook bacon in a large heavy skillet over medium heat, stirring, until brown but not crisp, 3 to 6 minutes. Remove with a slotted spoon to drain on a paper towel. Pour out all but 1 tablespoon bacon fat from the pan.
3. Add oil to the pan and heat over medium heat. Add onion and cook, stirring often, until soft but not browned, reducing the heat if necessary, about 4 minutes. Stir in thyme (or savory) sprigs, salt and pepper. Increase heat to medium-high, add the Brussels sprouts, and cook, tossing or stirring occasionally, until tender and warmed through, about 3 minutes. Remove the herb sprigs. Add the bacon, thyme (or savory) leaves and lemon juice, if using, and toss. Yield: 10 servings

**Serving Size:** 3/4 cup  
**Calories:** 81  
**Fat:** 3g  
**Sat Fat:** 1g  
**Cholesterol:** 4 mg  
**Carbohydrates:** 10g  
**Protein:** 5g  
**Fiber:** 3g  
**Sodium:** 333mg

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