

## SWEET POTATO & DATE CASSEROLE

**SERVES 8**

Vegetable spray  
2 cups sweet potatoes,  
mashed  
1 cup sugar  
1/4 cup brown sugar  
2 eggs, beaten  
1/2 cup margarine, melted  
1/2 cup milk  
1 teaspoon vanilla  
1/2 teaspoon ground  
cinnamon  
1/2 teaspoon ground nutmeg  
1 cup dates, chopped

### **TOPPING:**

1 cup low fat fruit granola  
1/2 cup brown sugar  
1/2 cup pecans, chopped  
1/3 cup flour  
1/3 cup butter, melted

Preheat oven to 425° F.

Spray 2-quart baking dish with vegetable spray, set aside.

Combine all ingredients and mix well. Pour into baking dish,  
bake for 20 minutes.

Remove from oven and sprinkle with topping. Return to oven  
and bake for additional 10 minutes.

### **TOPPING:**

Combine ingredients and stir well. Sprinkle over sweet potato  
mixture.

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THIS LINE