

# Quick & Easy

---

## THE COSTCO WAY

---

### **Nature's Pride Sweet Potato Casserole**

Makes 8 servings

#### **Ingredients For Casserole:**

3 lbs Nature's Pride Sweet Potatoes, cubed  
2 Tbsp salt  
1/3 cup packed light brown sugar  
3 Tbsp unsalted butter, melted  
2 tsp ginger, grated  
1/2 tsp orange zest  
1 tsp vanilla extract  
1/2 tsp cinnamon  
1/2 tsp kosher salt  
1/4 tsp black pepper  
2 egg whites, lightly beaten

#### **Instructions:**

Preheat the oven to 350 F. Spray an 8 x 8-inch baking dish with cooking spray. In a large pot of water, add salt and sweet potatoes. Boil for about 10 to 15 minutes, or until fork-tender. Drain well. In a large bowl, add cooked sweet potatoes, brown sugar, butter, ginger, orange zest, vanilla, cinnamon, salt and pepper. Mash until well combined and slightly chunky. Stir in egg whites and transfer to the baking dish. Set aside.

#### **Ingredients For Topping:**

2 Tbsp light brown sugar  
2 Tbsp unsalted butter, melted  
1/2 cup pecans, roughly chopped

#### **Instructions:**

In a small bowl, combine sugar, butter and pecans. Spread topping over sweet potato mixture. Bake casserole for 30 minutes, or until puffed and hot.

For more recipe ideas, go to [Costco.com](https://www.costco.com) and search: **Quick & Easy**

---

