Eggnog Sweet Potatoes with Praline Topping
6-8 servings

Ingredients:
2 pounds sweet potato (about 3 medium ones) peeled, cut into 1-inch cubes
½ cup low-fat eggnog
2 tablespoon brown sugar or equivalent sugar substitute (divided)
½ teaspoon cinnamon
½ teaspoon ground nutmeg
1 tablespoon butter or margarine (softened)
1 tablespoon flour
½ cup chopped pecans

Directions:
1. Preheat oven to 350 degrees.
2. Boil potatoes for approximately 10-15 minutes or until soft. Drain water. Add eggnog, 1 tablespoon brown sugar, cinnamon and nutmeg. Mash with a potato masher or electric mixer until smooth. Place in 2 quart baking dish.
3. In a small bowl, mix butter, flour, remaining 1 tablespoon of brown sugar and pecans. Sprinkle over sweet potato mixture.
4. Bake for 20 minutes, uncovered.

Recipe Note: May substitute sweet potato with butternut squash (1½ pounds)

Nutritional Information per ½ cup serving:
Calories: 137
Total Fat: 7g
Saturated Fat: 2g
Sodium: 49mg
Carbohydrates: 17g
Cholesterol: 10mg
Dietary Fiber: 2g
Protein: 2g