

**Boston Medical Center  
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263  
Food Demonstration Kitchen: (617) 414-3840 or [www.bmc.org](http://www.bmc.org)



**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	Carbohydrates: 17g
Total Fat: 7g	Cholesterol: 10mg
Saturated Fat: 2g	Dietary Fiber: 2g
Sodium: 49mg	Protein: 2g