



SWEET POTATOES WITH CRUMB TOPPING

SERVES 12 | SERVING SIZE 1/12 recipe | EXCHANGES 2 starch

6 large sweet potatoes, baked until fork tender
1 cup crumb topping (see below)

Crumb Topping

2 cups old-fashioned oats (not quick cooking)
1 cup Splenda Brown Sugar Blend
1 cup all-purpose flour
1/2 tsp. salt
1 Tbsp. cinnamon
1 cup walnut halves or pieces
4 oz. trans-fatfree margarine (such as Smart Balance)

- 1. Scrub the potatoes and bake at 375°F for an hour or so. The time will depend on the size of the potatoes.**
- 2. While the potatoes cook, place all crumb topping ingredients in food processor fitted with steel blade. Process just until the butter is incorporated into the mixture. You will still have some large crumbs.**
- 3. Remove potatoes, let cool, and slice 1/4 inch thick. Lay in a casserole dish and top with 1 cup crumb topping.**
- 4. Bake for 30 minutes at 375F.**

Calories 135 | calories from fat 25 | Total fat 3.0 g | saturated fat 0.5 g | trans fat 0.0 g
Cholesterol 0 mg | Sodium 65 mg | Potassium 465 mg | Total carbohydrate 26 g | dietary fiber 4 g
sugars 7 g | Protein 3 g | Phosphorus 70 mg

