

Sweet Potato Casserole



Festival of the Holidays – Epcot® – Serves 4

CINNAMON GLAZED PECANS

INGREDIENTS:

- 1 tablespoon egg white
- 1/2 teaspoon water
- 4 teaspoons sugar
- 1/2 teaspoon cinnamon
- 1/2 teaspoon salt
- 1 cup pecan pieces

INSTRUCTIONS:

1. Preheat oven to 300°F. Line baking sheet with parchment paper or silicone baking mat.
2. Whisk egg white, water, sugar, cinnamon, and salt in small bowl until frothy.
3. Stir pecans into egg white mixture. Pour onto prepared pan.
4. Bake, stirring every 10 minutes, for 30 minutes, until toasted.
5. Set aside.

SWEET POTATO CASSEROLE

INGREDIENTS:

- 2 pounds sweet potatoes, peeled and diced
- 1 tablespoon unsalted butter
- 1/8 teaspoon coarse salt
- 2 cups medium marshmallows

INSTRUCTIONS:

1. Preheat oven to 350°F. Spray 8-inch square pan with nonstick cooking spray.
2. Bring sweet potatoes and 8 cups of water to boil over high heat. Cover and reduce to simmer for 10 minutes, until sweet potatoes are tender. Drain potatoes and return to pot.
3. Add butter and salt to sweet potatoes. Mix using hand mixer on medium speed until smooth. Spread into prepared baking pan.
4. Sprinkle marshmallows on top of sweet potatoes.
5. Bake for 15 minutes, until marshmallows are golden brown.
6. Sprinkle with pecans before serving.

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