

# Sweet Potato-Pumpkin Seed Casserole

Prep: 15 minutes | Cook: 45 minutes | Total: 1 hour

Yield: 10 servings | Serving Size: ~½ cup

## Ingredients

3 pounds sweet potatoes (about 6 large sweet potatoes, or 9 medium sweet potatoes), peeled if desired and cut into ½-inch cubes

Nonstick cooking spray

⅓ cup chopped dried apricots

1 medium orange, zested and juiced

1 tablespoon olive oil

1 tablespoon maple syrup

½ teaspoon ground cinnamon

½ teaspoon ground ginger

½ teaspoon ground allspice

½ teaspoon salt

⅓ cup pepitas (green pumpkin seeds)

2 green onions, thinly sliced (about ¼ cup)

## Directions

1. Cut three sheets of aluminum foil and loosely crumple each into a large ball. Place the foil balls at the bottom of a large saucepan or stockpot.
2. Place a steamer basket on top of the foil balls. Fill the pot with water until it reaches just below the steamer basket.
3. Add the sweet potatoes to the pot, pressing down if needed to fit.
4. Place the pot over high heat and bring to a boil, then reduce heat to maintain a rapid simmer (steam coming up).
5. Place the lid on the pot and cook until the sweet potatoes are tender enough to be mashed, about 18-22 minutes.
6. Meanwhile, preheat the oven to 400°F. Spray a 9x13-inch baking dish with cooking spray and set aside.
7. Transfer the sweet potatoes to a large mixing bowl. Gently mash with a potato masher until smooth yet slightly lumpy.
8. Add the apricots, 3 tablespoons of the orange juice, ½ teaspoon of the orange zest, oil, maple syrup, cinnamon, ginger, allspice, and salt. Stir until combined.
9. Transfer the sweet potato mixture to the prepared baking dish. Sprinkle the top with the pepitas.
10. Bake until golden-brown, about 15-20 minutes.
11. Sprinkle with the green onions, then serve warm.

## Recipe Notes

- The sweet potatoes can be cooked in any way, if a steamer basket is not available or convenient. Examples include microwaving, boiling, and baking. Cooking time will vary depending on the method used.

**Nutrition Facts Per Serving: Calories: 215 | Total Fat: 4 g | Saturated Fat: 1 g  
Sodium: 130 mg | Total Carbohydrate: 42 g | Dietary Fiber: 6.5 g | Protein: 4 g**

For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)



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