

Coconut-Pecan Sweet Potatoes Recipe

By [Woman's Day](#) from Woman's Day | [November 11, 2008](#)

An indulgent take on sweet potatoes, this recipe mashes them with a mix of orange juice, brown sugar and butter, then covers and bakes them with a coconut and pecan streusel-like topping.

Active Time: [15 minutes](#)

Total Time: [1 hour](#)

Recipe Ingredients

- 3 lb sweet potatoes (6 medium)
- 1/2 cup orange juice
- 1/4 cup brown sugar
- 3 1/2 Tbsp unsalted butter
- 1/2 tsp salt
- 1/3 cup sweetened flaked coconut
- 1/3 cup chopped pecans
- 3 Tbsp flour

Recipe Preparation

1. Heat oven to 350°F. Grease a 1 1/2-qt baking dish.
2. Pierce potatoes a few times with a knife. Place potatoes on paper towels in microwave. Microwave on high until very soft (about 10 to 15 minutes).
3. When cool enough to handle, slit potatoes and scoop pulp into a bowl. Add orange juice, brown sugar, 2 Tbsp of the butter and the salt. Mash until smooth. Spoon into baking dish.
4. In small bowl, using your fingers, mix remaining 1 1/2 Tbsp butter, the coconut, pecans and flour until blended. Sprinkle over top of sweet potatoes.
5. Bake 30 minutes or until topping is lightly browned and potatoes are hot.



Photo: Antonis Achilleos

Nutrition Facts

Yield 8 servings
Servings 8

Amount Per Serving

Calories 229

Total Fat 10g

Saturated Fat 4g

Cholesterol 13mg

Sodium 194mg

Total Carbohydrates 34g

Dietary Fiber 4g

Protein 3g