

# Sweet Potato Pumpkin Seed Casserole

## Ingredients

- 3 pounds sweet potatoes
- 1 Tbsp extra-virgin olive oil
- 1 Tbsp maple syrup
- 3 Tbsp orange juice
- ½ tsp ground cinnamon
- ½ tsp ground ginger
- ½ tsp ground allspice
- ½ tsp orange zest
- ½ cup chopped unsweetened apricots
- 1/3 cup chopped pumpkin seeds, raw or roasted
- 3 Tbsp sliced green onions

## Directions:

1. Preheat the oven to 400°F. Scrub the sweet potatoes, pierce the several times with a fork, and place them in a 9X13-inch baking dish.
2. Bake for 50 to 60 minutes, until the potatoes are tender to the touch.
3. Remove the potatoes from the oven and let them cool for 10 minutes. Scoop the flesh from the sweet potatoes into a mixing bowl, discarding the peels.
4. Gently mash with a potato masher until smooth yet slightly lumpy.
5. Add the olive oil, maple syrup, orange juice, cinnamon, ginger, allspice, orange zest, and apricots to the sweet potatoes and stir until well combined.
6. Transfer the sweet potato mixture into a casserole dish or 9X13-inch baking dish and sprinkle with the pumpkin seeds.
7. Bake for about 20 minutes, until the seeds are golden.
8. Remove the dish from the oven and sprinkle with the sliced green onions.
9. Serve immediately.