

Sweet Potato & Parmesan Gratin

with Shaved Brussels Sprouts Salad

In the winter, not much warms the body and soul like a gratin, hot from the oven. In this vegetarian version of the French classic, the sweet potatoes play off the richness of the béchamel they're baked in to deliver a complex and layered flavor profile.

To finish off the dish, we top the gratin with a mixture of panko breadcrumbs, toasted walnuts and Parmesan, lifting this seemingly simple casserole to new heights.



Ingredients

2 Pounds Sweet Potatoes
4 Ounces Brussels Sprouts
3 Cloves Garlic
3 Tablespoons Walnuts
1 Bunch Parsley
1 Leek
1 Lemon
2 Tablespoons Salted Butter
2 Tablespoons All-Purpose Flour
1 Teaspoon Winter Spice Blend (Nutmeg, Cinnamon & Cayenne)
1 Cup 1% Milk
1 Cup Grated Parmesan Cheese
¼ Cup Panko Breadcrumbs
2 Tablespoons Currants

Makes 2 Servings

About 700 Calories Per Serving



Instructions



1

Prepare the ingredients:

Preheat the oven to 400°F. Heat a large pot of salted water to boiling. Wash and dry the fresh produce. Peel and slice the sweet potatoes into ¼-inch thick pieces. Trim the ends of the Brussels sprouts and thinly slice. Peel and mince the garlic. Roughly chop the walnuts. Roughly chop the parsley. Discard the dark green top of the leek and thinly slice the white bottoms. Using a peeler, remove the peel of the lemon, then finely chop to make 2 teaspoons of zest (or use a grater). Cut the lemon into quarters and remove the seeds.



2

Cook the sweet potatoes:

Once the water is boiling, add the **sweet potatoes**. Cook 10 to 12 minutes, or until tender when pierced with a knife. Drain thoroughly and place in a bowl, then season with a little salt and pepper.



3

Make the béchamel sauce:

While the potatoes cook, in a small pot, heat 2 teaspoons of olive oil and the **butter** over medium-high heat until melted. Add the **leek** and **garlic** and cook for 3 to 4 minutes, or until softened. Add the **flour** and **winter spice blend** and cook 1 to 2 minutes, or until toasted and fragrant. Stir in the **milk**, **lemon zest** and **¾ cup of water** and season with salt and pepper. Cook 4 to 6 minutes, or until thickened. Stir in **¾ of the Parmesan cheese** and season with salt and pepper. Cook 1 to 2 minutes, or until the cheese is thoroughly combined. Remove from heat.



4

Assemble the gratin:

Spread a thin layer of the béchamel sauce onto the bottom of a baking dish, then add the **cooked sweet potatoes** and **béchamel sauce** in alternating layers. Use the remaining sauce to thoroughly cover the sweet potatoes.



5

Bake the gratin:

In a small bowl, toss the **Panko breadcrumbs**, **walnuts** and **remaining Parmesan cheese** with a little olive oil to slightly moisten, then evenly distribute over the sweet potatoes. Bake for 8 to 10 minutes, or until browned and the potatoes are tender when pierced with a knife. Let stand for at least 5 minutes before serving.



6

Make the salad:

While the gratin bakes, in a medium bowl, combine the **Brussels sprouts**, **currants** and **half of the parsley**. Dress with the **juice of 2 lemon wedges** and 2 teaspoons of olive oil, then season with salt and pepper to taste. Toss to thoroughly combine and serve on the side with the gratin. To plate your dish, garnish the gratin with the **remaining parsley** before serving. Enjoy!