

Sweet Potato and Leek Gratin

Serves: 10

Ingredients

Cooking spray	1 egg
2 cloves garlic, minced	1 cup nonfat milk
2 leeks (white part only), well rinsed and coarsely chopped	1 cup shredded reduced-fat Swiss cheese, divided
1 cup fat free, reduced-sodium chicken broth	½ tsp. salt
3 large sweet potatoes, cooked and mashed (about 4 ½ to 5 cups)	½ tsp. coarsely ground black pepper
	¼ tsp. cayenne pepper

Preheat oven to 375 degrees.

Spray a large nonstick skillet with cooking spray. Sauté garlic and leeks over medium-high heat for 5 minutes. Add broth and simmer over medium heat until leeks are tender and most of the liquid evaporates, about 10 minutes. Remove skillet from heat and cool slightly.

In a large bowl, combine leek mixture, mashed sweet potatoes, egg, milk, ½ cup of cheese, salt, and pepper. Spoon mixture into a medium, shallow casserole or gratin dish. Smooth top and sprinkle with remaining cheese and cayenne pepper.

Bake until top is golden brown and mixture bubbles, about 30 minutes.

Per serving: 170 calories, 1.5 g total fat (<1 g saturated fat), 34 carbohydrates, 7 g protein, 4 g dietary fiber, 260 mg sodium