

# Sweet Potato Parmesan Gratin

Portion Size: ½ cup

Yield: 10

## Ingredients:

Sweet Potatoes, Peeled, Sliced, 1/8" thick	5 cups (~3-4 whole potatoes)
Canola Oil	3 TBSP
Leeks, Sliced	3 cups
Sage, Chopped	1 TBSP
Black Pepper, Ground	½ tsp
Nutmeg	½ tsp
Parmesan Cheese, Shredded	½ cup

## Preparation:

1. Heat oil in a sauté pan. Add leeks and sauté until tender. Stir in sage, pepper, and nutmeg.
2. Toss sweet potatoes with leek mixture and ¼ cup parmesan cheese.
3. Add sweet potatoes to roasting pan and top with remaining shredded parmesan cheese.
4. Bake covered with foil in 350°F oven for 50 minutes. Increase temperature to 450°F and continue baking uncovered for about 8-10 minutes or until cheese is golden brown.

## Nutrition Information Per Serving:

Calories	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)
140	3	19	3	6	6	1	105



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