

Root Vegetable Gratin

Makes 8 servings

Recipe from Food and Wine, March, 2009

2 large sweet potatoes, peeled
1 butternut squash neck (2 1/4 pounds) from a large butternut squash, peeled
1 medium rutabaga (2 pounds), peeled and halved lengthwise
Kosher salt and freshly ground pepper
1/2 cup low sodium chicken stock
1/4 cup heavy cream
3/4 cup panko (Japanese bread crumbs)
1 1/2 tablespoons extra-virgin olive oil

1. Preheat the oven to 375°. Using a mandoline, slice the potatoes and squash lengthwise 1/8 inch thick. Slice the rutabaga crosswise 1/8 inch thick.
2. Spray an 8-by-12-inch glass baking dish with cooking spray. Arrange half of the potatoes in the dish, overlapping them slightly; season with salt and pepper. Top with half of the rutabaga and the squash, seasoning each layer. Repeat the layering. Pour the broth over and around the vegetables.
3. Cover tightly with foil and bake for 1 hour, until the vegetables are almost tender when pierced. Remove the foil and pour the cream over the gratin. Bake for about 30 minutes longer, until the liquid has thickened.
4. Preheat the broiler. Mix the panko with the oil and season with salt and pepper; sprinkle over the gratin. Broil 3 inches from the heat for 2 minutes, until golden, rotating for even browning. Let the gratin stand for 10 minutes, then serve.

Notes:

One Serving 194 cal, 6 gm fat, 2.2 gm sat fat, 34 gm carb, 6 gm fiber.

I used sea salt, substituted rutabaga for a large parsnip and couldn't find sweet potatoes as they weren't in season so used yams instead. I used the neck of the butternut squash as well, "hiding" the crescent moon shapes in the middle. I layered with parmesan cheese and mixed parmesan with the panko crumbs. Didn't feel like dragging out my mandoline; I sliced the vegetables with a knife so they were just a bit thicker and took about 15 – 20 minutes longer to bake before adding crumbs and broiling. The recipe is a little time consuming but extremely easy. The most difficult is slicing vegetables.