



Sweet potato and spinach
au gratin

Serving: 1

Veg

Ingredients

- 1 tablespoons ghee (melted) or olive oil, divided

Preparation Method

- Preheat the oven to 400. Cut the top off the head of garlic so the tops of all the cloves are exposed, and drizzle the cut side with the olive oil. Wrap the head in tinfoil and place it right on your oven rack. Roast for about 45 minutes, or until the cloves are very soft when squeezed or pierced with a fork (your garlic should look like the picture above). Let cool for a few minutes, then squeeze each clove out of its peel and set aside in a medium bowl.
- Meanwhile, steam the kale until wilted, 2-3 minutes. You can use a metal strainer set over a saucepan of similar size if you don't have a steamer. Put an inch or two of water in the saucepan, bring it to a boil, set the strainer with the kale on top, and cover. When the kale is wilted, set it aside to cool.
- Leave the oven at 400, and grease the bottom and sides of a 9x13" glass baking dish with two tablespoons of the ghee or olive oil.
- Layer half the sweet potato slices in the bottom of the baking dish in overlapping rows. Squeeze the excess water from the kale and sprinkle it evenly on top of the sweet potatoes. Top with a little salt & pepper. Layer the remaining sweet potato slices on top of the kale.
- Add the coconut milk, stock, salt, pepper, and nutmeg to the bowl with the roasted garlic. Process with an immersion blender (or transfer to your regular blender to puree) until smooth. Pour the sauce evenly over the potatoes, and drizzle the remaining two tablespoons of ghee or oil on top.
- Cover the dish with tinfoil and bake for 25 minutes, then remove the tinfoil and bake for another 20-25 minutes, or

until the sweet potatoes are tender. If you'd like to brown the top of your gratin a little more, set the oven to broil and place the gratin in the broiler for 1-2 minutes (don't walk away!). Let the gratin sit for 10 minutes before slicing and serving.