

# FIXATE RECIPES

## AU GRATIN POTATO CUPS

Serves: 4 (2 cups each)

GF VG

Total Time: 1 hr.

Prep Time: 17 min.

Cooking Time: 43 min.

- 1 Tbsp. ghee (organic grass-fed, if possible)
- 2 Tbsp. chopped onion
- 1 clove garlic, finely chopped
- $\frac{3}{4}$  cup unsweetened organic soy milk
- $\frac{1}{4}$  tsp. sea salt (or Himalayan salt)
- $\frac{1}{4}$  tsp. ground black pepper
- 1 dash ground nutmeg
- $1\frac{1}{2}$  tsp. cornstarch +  $1\frac{1}{2}$  tsp. water (combine to make a slurry)
- 2 cups russet potatoes (approx. 3 medium), peeled, cut into  $\frac{1}{4}$ -inch cubes
- 1 cup shredded Gruyère cheese (or cheddar cheese), *divided use*

**SPECIAL EQUIPMENT:** Muffin papers/liners • Nonstick cooking spray

1. Preheat oven to 350° F.
2. Line muffin pan with eight muffin papers; lightly coat with spray.
3. Heat ghee in a large nonstick skillet over medium heat.
4. Add onion and garlic; cook, stirring frequently, for 2 to 3 minutes, or until onion is translucent.
5. Add soy milk, salt, pepper, and nutmeg; stir to combine. Bring to a simmer; reduce heat to low.
6. Add cornstarch slurry; whisk to combine. Cook for 1 minute, or until lightly thickened. Remove from heat.
7. Add potatoes and  $\frac{1}{2}$  cup cheese to a large mixing bowl; toss to combine.
8. Evenly divide potato mixture among prepared muffin cups (approx.  $\frac{1}{4}$  cup per muffin cup).
9. Add  $1\frac{1}{2}$  Tbsp. soy milk mixture to each muffin cup.
10. Bake for 35 minutes, or until potatoes are tender-crisp. Sprinkle *remaining*  $\frac{1}{2}$  cup cheese evenly on top of potato mixture; place under broiler. Cook for an additional 5 minutes, or until cheese is golden and potatoes are tender.

### Nutritional Information (per serving):

|                |      |                |        |          |      |
|----------------|------|----------------|--------|----------|------|
| Calories:      | 217  | Cholesterol:   | 40 mg  | Fiber:   | 2 g  |
| Total Fat:     | 13 g | Sodium:        | 369 mg | Sugars:  | 1 g  |
| Saturated Fat: | 7 g  | Carbohydrates: | 14 g   | Protein: | 11 g |

### Container Equivalents (per serving)



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Recipes containing the **GF** icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the **VG** icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.