



body+soul

Apple, Leek, and Butternut Squash Gratin

Prep: 30 minutes Total: 1 hour 20 minutes

Butternut squash boosts this recipe with beta-carotene and vitamin C. To cook gratin in advance, prepare through step 2, cover, and refrigerate for up to 24 hours.

Per serving: 264 calories; 6 g protein; 13 g fat; 30 g carbs; 5 g fiber.

INGREDIENTS

Serves 4.

3 tablespoons extra-virgin olive oil

2 medium leeks, white part only, trimmed of roots and tough outer leaves, thinly sliced crosswise, well washed and dried

Coarse salt and ground pepper

1/2 cup dry sherry

1 tablespoon chopped fresh sage, plus leaves for garnish

1 pound butternut squash, peeled, seeded, and sliced 1/8-inch thick

1 pound apples, such as Gala, Cortland, Baldwin, or Macoun, peeled, halved, cored, and cut into 1/8-inch thick slices

1/2 cup freshly grated Parmesan cheese

DIRECTIONS

1. Preheat the oven to 350 degrees. In a 10-inch skillet, heat 2 tablespoons of oil over medium heat. Add leeks and 2 tablespoons water; season with salt and pepper. Cook, stirring occasionally, until they begin to brown, about 10 minutes. Add sherry and sage and cook until liquid is reduced to a glaze, about 3 minutes; set aside.

2. In a 2-quart shallow baking dish, arrange squash in overlapping layers; season with salt and pepper. Spread leeks evenly over the squash.

3. Arrange apples in an overlapping layer over the leeks. Brush apples with remaining tablespoon oil. Cover tightly with aluminum foil. Bake 45 minutes.

4. Uncover and sprinkle cheese over the top. Raise the oven temperature to 450 degrees and bake 10 minutes, or until the cheese has melted and is golden brown. The tip of a paring knife should easily pierce the gratin. Let cool 10 minutes before serving. Garnish with sage leaves.

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