

Sweet Potato Gratin

Integrated Marketing Services - Apopka, FL

Servings: 10

Preparation Time: 35 minutes

Cook time: 1 hour 10 minutes

6 tablespoons butter, divided

4 slices bacon, chopped

1/3 cup onion, finely chopped

1/2 cup flour, divided

1 teaspoon lemon pepper

1/2 teaspoon salt

1/4 teaspoon nutmeg, grated

4 cups half-and-half

3 large (about 3 pounds) sweet potatoes, peeled and thinly sliced

1 medium apple, cored, peeled and thinly sliced

1 cup (4 oz) Gruyere or Swiss cheese, shredded

Preheat the oven to 375 degrees.

Coat a 13x9-inch baking dish with nonstick cooking spray. Set aside.

In a large saucepan, melt one tablespoon of the butter over medium heat. Add the bacon. Cook and stir for 2 minutes or just until lightly browned.

Add the onion. Cook and stir for 2 minutes or until tender.

Add the remaining five tablespoons of butter. Cook and stir until melted.

Reserve two tablespoons of the flour.

For the sauce, stir the remaining flour, lemon pepper, salt and nutmeg into the saucepan.

Whisk in the half-and-half. Cook and stir until thick and bubbly. Remove the saucepan from the heat.

In a large bowl, combine the reserved two tablespoons of flour with the potatoes. Toss to coat lightly.

Pour one-third of the sauce into the baking dish. Top with one-third of the potatoes, then one-third of the apple slices. Repeat the layers twice more. Cover the baking dish with foil.

Place the baking dish in the oven.

Bake for 30 minutes.

Reduce the oven temperature to 350 degrees. Remove the foil. Sprinkle the top with the cheese.

Bake, uncovered, for 30 to 40 minutes or until the potatoes are tender.

Serve hot.

Per Serving (excluding unknown items): 150 Calories; 8g Fat (49.6% calories from fat); 2g Protein; 17g Carbohydrate; 2g Dietary Fiber; 21mg Cholesterol; 257mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat.