



Sweet Potato "Fettuccine" Chipotle Gratin

Servings

4-6

Calories

190

Prep Time

30 minutes

Total Time

1 hr 45 minutes

Skill Level

Medium

Ingredients

1 (12 ounces) package Mann's Sweet Potato "Fettuccine"

1 tablespoons butter

1 medium onion, thinly sliced

1 can chipotle pepper in adobo sauce, minced

¼ teaspoon kosher salt

½ teaspoon fresh ground black pepper

½ teaspoon fresh rosemary, chopped (optional)

1 (12 ounces) can low-fat 2% evaporated milk or heavy cream

1/2 cup Monterey Jack or Mexican blend shredded cheese



The Method

Preheat oven to 375° F. In a large skillet, melt butter over medium heat. Add onion and cook until slightly brown and caramelized, about 12-15 minutes. Add chipotle pepper, salt, pepper and optional rosemary; mix well.

Layer half of Sweet Potato "Fettuccine" in a 9x9" baking dish. Place the chipotle-onion mixture on top of the potatoes. Top with the rest of the potatoes. Pour milk or cream over sweet potatoes; using a spatula or spoon, push sweet potatoes into milk so they get moistened by milk. Bake for 55 minutes; remove gratin from oven and top with cheese. Return to oven and bake for an additional 5-10 minutes until cheese melts and sweet potatoes are tender.

Nutrition Facts

Serving Size: 201g | Servings: 4-6

Amount Per Serving

Calories 190 | Calories from Fat 60 | Total Fat 7g (sat fat 3.5g trans 0g) | Cholesterol 25mg | Sodium 300mg | Total Carbohydrate 25g | Dietary Fiber 3g | Sugars 11g | Protein 8g | Vitamin A 200% | Vitamin C 10% | Calcium 25% | Iron 4%