

Yam & Swiss Chard or Kale Gratin

Use an Irish or Vermont cheddar cheese to really make this dish special.

Serve this in the fall with a pork roast, with your Thanksgiving turkey or in the New Year when you want a healthy main dish on a weeknight. This dish teaches you the technique of making a roux into bechamel sauce (the white sauce).

2 pounds	yams, peeled and sliced	1/2 teaspoon	salt
1 pound	swiss chard or kale	1/4 teaspoon	white pepper
2 Tbs	butter	2 ounces	Cheddar cheese grated
3 Tbs	flour	2 Tbs	bread crumbs
2 cups	2% milk		



- 1 Peel yams and slice into 1" pieces. Place in pot and bring to boil. Simmer on medium for 5 minutes or until tender. Drain and place yams in baking dish.
- 2 Clean swiss chard, remove ribs and coarsely chop greens. Saute briefly in yam pot.
- 3 Melt butter in a small saucepan, add flour and whisk until blended. Let (the roux cook for a few minutes. Add milk and continually whisk until thickened (into a bechamel sauce) Add salt and pepper to sauce.
- 4 Place cooked yams in baking dish. Place cooked chard over yams. Pour milk mixture (or bechamel sauce) over veggies. Top with grated cheese and breadcrumbs. Bake at 350 degrees for 20 minutes or until top is browned.

Servings: 6

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Total Time: 30 minutes

Oven Temperature: 350°F

Nutrition Facts

Nutrition (per serving): 336 calories, 81 calories from fat, 9.2g total fat, 26.6mg cholesterol, 494.1mg sodium, 1445.5mg potassium, 54.8g carbohydrates, 7.5g fiber, 6g sugar, 9.7g protein.

Recipe Type: Holiday, Potatoes, Side Dish, Vegetables, Vegetarian

Source

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