

“SWEET POTATO” CASSEROLE

By Dr. Cindy Tanzar
(Maintenance/Special Occasions)

Sweet potatoes are a must at Thanksgiving, but they aren't your best option when trying to lose weight. This recipe purees roasted butternut squash and roasted cauliflower together with amazing results. If you don't tell anyone before they taste it, they will never know it's not sweet potatoes! This recipe is inspired from Wholesome Yum and is a perfect side dish for enjoying your holidays without a lot of added sugar or high-glycemic regrets. It truly is delicious! One serving is 1-1/4 cups and covers your vegetable and fat for one meal.

Makes 6 servings.



INGREDIENTS

- 4 cups butternut squash (peeled and cubed)
- 1 medium-large head of cauliflower (cut into medium florets)
- 2 Tbsp avocado oil
- 1 tsp. ground cinnamon
- 1/2 tsp. Himalayan sea salt
- 1/2 tsp. black pepper
- 4 tsp. Swerve granular



2 Tbsp. Kerry Gold butter

Topping

2 cups chopped pecans (divide into 1-1/2 cups and ½ cup)

1/3 cup Swerve Brown

1 tsp. ground cinnamon

1/8 tsp. Himalayan sea salt

2 Tbsp Kerry Gold butter (melted)

Pulse 1/2 cup of the pecans in a food processor/blender until they form a powder (do not overmix or you'll get nut butter). It's okay if there are some larger pieces in the powder. Place the pecan powder in a small bowl with the chopped pecans, along with the Swerve Brown, cinnamon and salt, then mix well. Add melted butter and stir until mixture is crumbly. Set aside.

INSTRUCTIONS

Preheat the oven to 400°F. Line two baking sheets with foil or parchment paper.

In a large bowl, toss together the cubed butternut squash, cauliflower florets, avocado oil, cinnamon, salt & pepper. Arrange the vegetables in a single layer on the two baking sheets. Place pans in the oven side by side, not on separate racks. If they don't fit, use a larger pan or roast in batches. Roast for 30-35 minutes or until very soft and golden.

Remove veggies from oven (leaving oven on) and place in a food processor or high-powered blender. Add butter and puree. You may need to do it in two batches. Transfer the puree into a 2-quart ceramic or glass casserole dish (or 8x8 foil baking pan). Adjust seasonings, if needed.

Smooth the top with a spoon, then sprinkle the pecan crumble topping over the "sweet potatoes." Place in the oven for about 20 minutes, or until the top is nicely browned.