

ROSEMARY AND PARMESAN CRUSTED SWEET POTATO BAKE

Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 6 (Serving= 1 ramekin)

Nutrition (per serving)

Calories: 172

Total Fat: 3 g

Saturated Fat: 1 g

Sodium: 301 mg

Total Carbohydrate: 26 g

Dietary Fiber: 3 g

Protein: 6 g



Ingredients

- ½ Tablespoon extra-virgin olive oil
- ½ medium onion, diced
- 3 cups mashed sweet potato
- ½ cup egg substitute
- ¼ cup fat-free evaporated milk
- 1 ½ Tablespoons fresh rosemary, chopped
- Cooking spray
- ¼ cup plain whole wheat bread crumbs (choose gluten free breadcrumbs for GF version)
- 3 Tablespoons grated Parmesan

Directions

1. Preheat oven to 400 degrees Fahrenheit.
2. Sauté onions in olive oil over medium-high heat until translucent, about 7-10 minutes. Stir often to prevent burning.
3. In a medium bowl, combine onions, sweet potato, egg substitute, milk and 1 Tablespoon rosemary and stir well until liquid is absorbed.
4. Spray 6 ramekins with cooking spray and spoon mixture into each ramekin evenly.
5. In a small bowl, mix ½ Tablespoon rosemary, bread crumbs and Parmesan. Sprinkle over sweet potato mixture.
6. Bake for 30-35 minutes.