

Cheesy Sweet Potato Casserole for Perfect Side Dish

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Prep Time

1 hour 10 minutes

Difficulty

Easy

Servings

6

Description

Cheesy potatoes are amazing. Cheesy fries, regular potatoes... It's simply delicious. I am addicted to cheese fries and have always wanted to create something similar, but dairy-free and nightshade-free. Cheesy potatoes are something that isn't available in the absence of dairy or nightshades however this dish can be a game changer! This creamy sweet potato casserole is vegan, paleo, AIP-friendly, and free of any dairy or nightshades. It's made using butternut squash-based "cheese" sauce and topped with a crispy plantain topping to add a extra flavor. To find the exact measurements and instructions for this homemade Cheesy Sweet Potato Casserole recipe do scroll down

Ingredients

- Cooking spray
- 1 1/2 c. grated Gruyere
- 1/2 c. panko breadcrumbs
- 2 tbsp. chopped parsley extra-virgin olive oil
- 1/4 c. unsalted butter, melted
- 3 garlic cloves, grated
- 2 tsp. chopped fresh thyme
- kosher salt
- Freshly ground black pepper
- 2 1/2 lb. sweet potatoes, peeled and thinly sliced
- 1/4 c. low-sodium chicken stock

Instructions

1. Preheat 375 degrees F. Spray large skillet with cooking spray.
2. In a small bowl mix together 1 cup Gruyere, breadcrumbs, parsley and 3 to 4 tbsp olive oil. Set aside.
3. In a large bowl combine butter, garlic, thyme, remaining Gruyere, 1 tsp salt and 1/2 tsp black pepper. Fold in sweet potatoes until well coated. Arrange sweet potatoes with slight overlap in the skillet. Pour stock into bowl to collect any remaining bits and pour over potatoes.
4. Sprinkle Gruyere breadcrumb mixture in an even layer over the potatoes. Cover tightly with foil and bake for 30 minutes. Remove foil and bake until bubbling and golden brown, about 20 minutes. For deeper golden color, broil for last few minutes. Let it rest for 5 minutes before serving.