

9 Ham and Sweet Potatoes au Gratin



| | | | |
|-------------------------------------------------|----------|---------------|-------|
| Leeks, chopped | 500 ml | 2 cups | 220 g |
| Onions, chopped | 2 | | 300 g |
| Canola oil | 30 ml | 2 tablespoons | 30 g |
| Butter | 15 ml | 1 tablespoon | 15 g |
| Flour | 60 ml | ¼ cup | 30 g |
| Onion powder | 5 ml | 1 teaspoon | 2 g |
| Garlic powder | 5 ml | 1 teaspoon | 3 g |
| 2% milk | 750 ml | 3 cups | 750 g |
| Sweet potatoes, peeled and thinly sliced | 3 | | 400 g |
| Cooked ham, 50% less salt (25204), diced | 2.2 lbs. | | 1 kg |
| Cheddar cheese (less than 15% M.F.) | 250 ml | 1 cup | 120 g |

: 10
 : 15 minutes
 : 45 minutes
 : yes

| Nutrition Facts | |
|---------------------------|---------------|
| For 1 portion (295 g) | |
| Amount | % Daily Value |
| Calories 240 | |
| Fat 12 g | 18% |
| Saturated 4.5 g | |
| + trans 0.3 g | 24% |
| Polyunsaturated 1 g | |
| Omega-6 0.5 g | |
| Omega-3 0.3 g | |
| Monounsaturated 3.5 g | |
| Cholesterol 65 mg | 22% |
| Sodium 690 mg | 29% |
| Potassium 1080 mg | 31% |
| Carbohydrates 16 g | 5% |
| Fibre 2 g | 8% |
| Sugar 11 g | |
| Protein 17 g | |
| Vitamin A 492 RE | 50% |
| Vitamin C 3 mg | 4% |
| Calcium 219 mg | 20% |
| Iron 1.2 mg | 8% |
| Phosphorus 168.8 mg | 15% |

- 1 Brown leeks and onions in oil for several minutes and set aside.
- 2 Melt butter, blend in flour and make a roux.
- 3 Add onion and garlic powder and all of the milk.
- 4 Cook on low heat while stirring until mixture thickens.
- 5 Pour half the sauce in a greased oven-proof dish.
- 6 Place half the sweet potatoes, ham, leeks, onions and end with the remaining sweet potatoes.
- 7 Top with the remaining sauce.
- 8 Cover and cook for 40 minutes at 180 °C (350 °F) or until tender.
- 9 Remove cover, sprinkle with cheese and brown 5 minutes before the end of cooking time.

Chef's Remarks

For a more economical recipe, replace sweet potatoes with carrots. replacement product: don't hesitate to use diced, cooked chicken meat (816-8347).

Canada's Food Guide Portions

1 serving of vegetables and fruit
+ ½ serving of milk and alternatives
+ 1 serving of meat and alternatives.



Olymel Product Allergens

*Contains : none



Food Exchange System

¾ serving of starch
+ ¼ serving of vegetables
+ 1 ¾ servings of meat and alternatives
+ 1 ½ servings of fat.

*Verified allergens : peanuts, nuts, sesame seeds, milk, egg, grain containing gluten (wheat, barley, rye, oats, spelt, Kamut, triticale), soy (excluding refined soybean oil), fish, crustacea, mollusks, sulfite (max. 10 ppm). (Source: CFIA)