

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.

<p>Chef's Remarks</p> <p>For a more economical recipe, replace sweet potatoes with carrots. 🇨🇦 replacement product : don't hesitate to use diced, cooked chicken meat (816-8347).</p>	<p>Canada's Food Guide Portions</p> <p>1 serving of vegetables and fruit + ½ serving of milk and alternatives + 1 serving of meat and alternatives.</p>	<p>Olymel Product Allergens</p> <p>*Contains : none</p>	<p>Food Exchange System</p> <p>¾ serving of starch + ¼ serving of vegetables + 1 ¾ servings of meat and alternatives + 1 ½ servings of fat.</p>
--	--	---	--

*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)