



Elliott Evans Nutrition, LLC
Prevent and Protect
Jan Elliott Evans, PhD, RD, CNSD
Registered Dietitian
drevans@ub-well.com
www.ub-well.com
(804) 339-3200

SCALLOPED SWEET POTATO STACKS

(Southern Living – April 2011)

Makes 12 Servings

- 1½ lb. small sweet potatoes, peeled and thinly sliced
- 2 teaspoons chopped fresh thyme, divided
- 1 cup (4 oz) freshly shredded mozzarella cheese, divided*
- 2/3 cup heavy cream
- 1 garlic clove, pressed
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper

Directions:

1. Preheat oven to 375. Layer half of sweet potatoes in a lightly greased 12-cup muffin pan. Sprinkle with 1½ teaspoons thyme and ½ cup cheese. Top with remaining sweet potatoes. (Potatoes will come slightly above the rim of each cup.)
2. Microwave cream, next 3 ingredients, and remaining ½ teaspoon thyme at HIGH for 1 minute. Pour cream mixture into muffin cups (about 1 Tablespoon per cup).
3. Bake at 375, covered with aluminum foil, 30 minutes. Uncover and sprinkle with remaining ½ cup cheese. Bake 5 to 7 minutes or until cheese is melted and slightly golden.
4. Let stand 5 minutes. Run a sharp knife around rim of each cup, and lift potato stacks from cups using a spoon or thin spatula. Transfer to a serving platter. Garnish, if desired.

*Note: Each muffin cup flares slightly, so place slices from ends of potatoes in the bottom and use wider slices from the middle of the potato at the top. This dish is also good using Gruyere instead of mozzarella.