



METABOLIC NUTRITION PROGRAM

Garden Vegetable Gratin – 13 Servings

Adapted from “Cooking Know-How” at <http://well.blogs.nytimes.com>

Serving Size: 3 by 3 inch piece

Per Serving: 126 Calories, 2.2 gm Protein, 2.8 gm Fat, 23 gm Carbohydrates

- 1 ½ pounds russet potatoes, peeled
- 1 ½ pounds yams, peeled
- 1 tablespoons unsalted butter
- 1 small zucchini, diced
- 4 ounces shallots, diced
- 1 medium carrot, diced
- 2 tablespoons stemmed thyme
- 2 cloves garlic, minced
- ½ tsp freshly ground black pepper
- 1 teaspoon salt
- ¼ tsp grated or ground mace
- ¾ cup chopped string beans (1 in. pieces)
- 2 cups reduced-sodium vegetable broth
- ¾ cup Coffee Mate Creamer Original

Directions

1. Position the rack in the center of the oven and preheat to 350°F. Peel and thinly slice the potatoes and yams. Place the slices in a bowl, cover with cool water and set aside.
2. Melt the butter in a large skillet over medium heat.
3. Add the shallots, carrot, zucchini and string beans. Cook, stirring often, until softened, about 3 minutes.
4. Add the garlic, thyme, salt, pepper and mace. Stir well to warm through. Remove from the heat.
5. Layer the potatoes/yams and vegetable mixture in a 9-by-13-inch baking dish by first blotting some potato/yam slices on a paper towel, then laying them across the bottom of the dish.
6. Add some of the vegetable mixture, spread it over the slices, then blot dry more potato/yam slices and add them as another layer. Keep layering the casserole, like a lasagna, ending with a layer of potato slices.
7. Whisk the broth and creamer in a large bowl. Pour it over the contents of the baking dish.
8. Bake, uncovered, basting occasionally, until it is golden and most of the liquid has been absorbed, about 2 hours.

| Nutrition Facts | |
|--|------------------------------|
| Serving Size (200g) | |
| Servings Per Container | |
| Amount Per Serving | |
| Calories 130 | Calories from Fat 25 |
| % Daily Value* | |
| Total Fat 3g | 5% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Cholesterol 5mg | 2% |
| Sodium 230mg | 10% |
| Total Carbohydrate 23g | 8% |
| Dietary Fiber 3g | 12% |
| Sugars 1g | |
| Protein 2g | |
| Vitamin A 20% | • Vitamin C 25% |
| Calcium 4% | • Iron 6% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | |
| | Calories: 2,000 2,500 |
| Total Fat | Less than 65g 80g |
| Saturated Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300mg |
| Sodium | Less than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: | |
| Fat 9 • Carbohydrate 4 • Protein 4 | |