

SMOKED GOUDA AND SWEET POTATO CASSEROLE WITH SPICED PECANS

Ingredients

Casserole:

- 3 cups cauliflower florets
- 4 cups sweet potatoes, cubed
- 1 tablespoon melted coconut oil
- 1 egg
- 3/4 cup shredded smoked gouda
- 1 teaspoon cinnamon

- 1 teaspoon salt
- 3/4 teaspoon pepper

Topping:

- 3/4 cup pecans
- 1/2 teaspoon coconut oil
- 1/8 teaspoon cayenne

Instructions

Casserole

1. Preheat oven to 375 degrees F.
2. Line a baking sheet with parchment or a silicon baking sheet. Toss the cubed potatoes with the coconut oil. Lay out on baking sheet and season with salt and pepper. Roast for 20 -25 minutes or until soft and caramelized. Remove from oven and add to high powered blender.
3. In small sauce pan, add the cauliflower and cover with water. Steam until fork tender. Drain and add cauliflower to a high powdered blender, along with the potatoes.
4. Puree until smooth. Add the egg, smoked gouda, cinnamon, salt and pepper.
5. Grease a 9x9 baking pan and add the potato mixture.

Topping

6. In a small bowl, toss the pecans with the coconut oil and cayenne. Top the casserole with the pecans.
7. Bake for 24 - 30 minutes, or until heated through.
8. Serve immediately.

