



2.24.16

Mediterranean Scalloped Sweet Potatoes

gluten-free // yields 3-4 main dish servings or 6 side dish servings

- 1 1/2 tablespoons extra virgin olive oil
- 1/2 cup finely diced yellow onion
- 1 tablespoon minced garlic
- 1 teaspoon dried thyme (or 1 tablespoon fresh, chopped)
- 1 teaspoon dried oregano (or 1 tablespoon fresh, finely chopped)
- 2 tablespoons gluten-free oat flour
- 1 2/3 cups whole milk
- 1/2 cup chopped sun-dried tomatoes (not oil packed)
- 1/2 teaspoon salt + pepper
- 1 1/2 lbs small/medium sweet potatoes
- 1 cup finely crumbled feta cheese (sheep or goat feta)
- 1/4 cup chopped kalamata olives

Heat oil in a medium-sized pot over medium heat. Add the onion and cook, stirring frequently, for about 10-12 minutes. Onions should be lightly browned. Add in garlic, thyme, and oregano and stir for 30 seconds. Stir in the oat flour for 30 seconds (mixture will become pasty).

Slowly pour in the milk and whisk well to combine. Increase heat to medium-high and bring to a soft boil, stirring or whisking frequently. Once boiling, reduce heat to simmer for 2-4 minutes until mixture starts to thicken (a bit thinner than alfredo sauce). Remove from the heat and stir in the sun-dried tomatoes, salt + pepper. Let cool for 10-12 minutes. It will continue to thicken as it cools.

Preheat oven to 400° F.

While the sauce sits, wash potatoes and cut ends. Slice into even, 1/8-inch slices. Use a mandolin if desired (I find mine hard to use with sweet potatoes.)

Grease a 10-inch oven-safe pan and layer half of the potatoes, overlapping each by about 1/3. (You will most likely have about 1 1/2 layers built up with half of the potatoes.) Pour half of the sauce mixture on and spread to coat. Try to work it in a bit so some goes to the bottom. Sprinkle a scant 1/2 cup of the feta cheese over top. Repeat with remaining potatoes, sauce, and cheese.

Cover tightly with foil and bake for 25-30 minutes. Potatoes should be somewhat tender. Remove foil and bake for 15-20 minutes until potatoes are fully tender and cheese is lightly browned. Let sit for 5-7 minutes before serving. Top with olives and a sprinkling of fresh chopped oregano if desired. Salt to taste after serving.

Notes:

- Avoid cow's milk feta cheese as the flavor is quite bland in comparison to sheep or goat's milk

feta.

- A 9x13 baking dish will also work well. Half of the potatoes should create 1 layer.
- Do not sub out whole milk or the mixture may be watery after baking.
- Instead of oat flour, you can sub 1 tablespoon + 1 teaspoon arrowroot or cornstarch if desired.