



Sweet Potato, Cauliflower, and Greens Casserole

 Vegetarian  Very Healthy

READY IN



105 min.

SERVINGS



8

CALORIES



273 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black divided freshly ground
- ☐ 1.5 lb cauliflower cut into small florets
- ☐ 1 tablespoon cilantro leaves chopped
- ☐ 8 oz cremini mushrooms fresh stemmed halved
- ☐ 1 teaspoon olive oil extra virgin
- ☐ 2 garlic cloves minced
- ☐ 1 teaspoon ground cumin divided

- ☐ 1 teaspoon kosher salt divided
- ☐ 4 cups mustard greens fresh chopped
- ☐ 8 servings easy cheese sauce
- ☐ 6 tablespoons olive oil divided
- ☐ 0.5 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 2 teaspoons red wine vinegar
- ☐ 2.5 lb sweet potatoes peeled cut into 1/4-inch-thick slices

Equipment

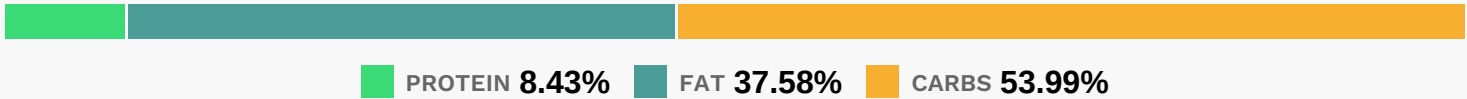
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 475
- ☐ Toss together cauliflower, mushrooms, 2 1/2 Tbsp. oil, 1/2 tsp. cumin, 1/2 tsp. salt, and 1/8 tsp. pepper in a medium bowl.
- ☐ Spread cauliflower mixture in a single layer in jelly-roll pan.
- ☐ Toss together sweet potatoes, 2 1/2 Tbsp. oil, and remaining cumin, salt, and pepper.
- ☐ Spread in a single layer in another jelly-roll pan.
- ☐ Bake potatoes and cauliflower at 475 for 10 to 12 minutes or until browned and just tender, turning once. Cool on wire racks 10 minutes.
- ☐ Reduce oven temperature to 375
- ☐ Heat remaining 1 Tbsp. oil in a large skillet over medium-high heat.
- ☐ Add garlic; cook, stirring often, 1 minute.
- ☐ Add kale; cook, stirring occasionally, 10 minutes or until tender.
- ☐ Add salt and pepper to taste; stir in vinegar.

- ☐
- Layer half each of sweet potatoes, cauliflower mixture, beans (if desired), kale, and 1 1/2 cups Easy Cheese Sauce in a lightly greased 13- x 9-inch baking dish. Repeat layers once. Top with remaining 1/2 cup cheese sauce. Stir together panko, chopped cilantro, and olive oil, and sprinkle crumb mixture over casserole.
- ☐
- Bake at 375 for 20 to 25 minutes or until thoroughly heated, bubbly, and golden brown.
- ☐
- Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:27.63, Glycemic Load:15.1, Inflammation Score:-10, Nutrition Score:25.739565159964%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 4.54mg, Isorhamnetin: 4.54mg, Isorhamnetin: 4.54mg, Isorhamnetin: 4.54mg Kaempferol: 11.05mg, Kaempferol: 11.05mg, Kaempferol: 11.05mg, Kaempferol: 11.05mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg

Nutrients (% of daily need)

Calories: 273.44kcal (13.67%), Fat: 11.89g (18.3%), Saturated Fat: 1.75g (10.95%), Carbohydrates: 38.45g (12.82%), Net Carbohydrates: 31.2g (11.35%), Sugar: 8.69g (9.66%), Cholesterol: 0.09mg (0.03%), Sodium: 438.02mg (19.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6g (12.01%), Vitamin A: 20968.77IU (419.38%), Vitamin K: 95.13µg (90.6%), Vitamin C: 64.27mg (77.9%), Manganese: 0.6mg (30.13%), Fiber: 7.25g (28.99%), Potassium: 983.09mg (28.09%), Vitamin B6: 0.55mg (27.48%), Copper: 0.45mg (22.52%), Vitamin B5: 2.21mg (22.12%), Folate: 78.62µg (19.65%), Vitamin B2: 0.32mg (19.07%), Vitamin E: 2.6mg (17.33%), Phosphorus: 163.11mg (16.31%), Vitamin B1: 0.24mg (16.12%), Magnesium: 62.6mg (15.65%), Selenium: 10.05µg (14.36%), Vitamin B3: 2.79mg (13.94%), Iron: 2.23mg (12.39%), Calcium: 110.47mg (11.05%), Zinc: 1.11mg (7.43%)