



## GF Mac N' Cheese



### Vegetarian, Gluten Free

Serves 3-4

GF in my kitchen is not just Gluten Free; it also stands for Guilt Free. Comfort food is important and feeling deprived is never healthy nor sustainable.

A little bit of the history behind this dish - when my daughter was born, I knew she was not going to have the usual average diet, but I also didn't want her to grow up as the "freak" kid either. So along came this amazing (in my humble opinion) mac n' cheese alternative.

This is one of our favorites of all the "alternative" dishes that I created as a spin-off of old American favorite dishes.

It will make you feel all warm and fuzzy with "almost" no guilt - it is still a "carby" dish - so highly recommend to load a big nice fresh salad next to it.

- ♥ 12 oz Gluten Free Pasta (I like to stick with traditional elbow pasta for that one)
- ♥ 2-3 nice sized sweet potatoes, peeled and cubed
- ♥ roughly (about 2 lbs. after peeling)
- ♥ ¾ cup heavy cream
- ♥ 2 tbsp. unsalted butter
- ♥ Salt
- ♥ Shredded mozzarella cheese - optional

1. Steam the sweet potatoes in a two-tier steamer until really soft
2. Prepare the pasta according to the instructions on the box. Don't over cook the pasta as it will continue to cook while baking in the oven.
3. Remove the water from the bottom pot, and place the soft sweet potatoes in.
4. Add cream, butter and salt and mix with a stick blender until smooth and creamy.
5. Add the pasta and mix well.
6. Place into one big oven-safe dish or small individual dishes and put in the oven under broil to get that crunch and color. Watch it like a hawk!
7. Optional - sprinkle shredded mozzarella on top and broil until golden.
8. Take out of the oven, serve with a nice nutritious salad.

- You will need a stick blender for this one to get that creamy texture.
- If you don't have a steamer, boil in water until soft, and drain well once ready.
- Jovial Organic Gluten-Free brown rice pasta is my favorite.
- For "runnier" texture, add another ¼ - ½ cup of cream until desired texture.
- Vegan option: replace the heavy cream with coconut cream.