

## Sweet Potato & Cauliflower Casserole

The perfect holiday casserole with a touch of turmeric to decrease inflammation or cayenne to boost metabolism and will certainly satisfy everyone. Finish with fresh avocado slices and leave out the cheese for a dairy free treat.

### **Ingredients:**

3 cups cauliflower florets (or 3 cups of cauliflower rice)  
4 cups sweet potatoes, cubed  
1 yellow onion sliced  
1 tablespoon melted coconut oil  
1 egg  
3/4 cup shredded smoked gouda (optional)  
1 teaspoon cinnamon  
1 teaspoon salt  
3/4 teaspoon pepper  
3/4 cup pecans  
1/2 teaspoon coconut oil  
1/2 tsp of turmeric or cayenne on top (optional)  
Serve with fresh avocado slices on the side



### **Directions:**

Preheat oven to 375 degrees.

Pre cook the sweet potatoes the day before (to save time) at 375 for 30 minutes until soft to touch. Cut up sweet potatoes and sauté in pan with onion and coconut oil, season with salt and pepper. Separately, steam cauliflower until tender. Spray a 9x9 baking sheet with coconut oil. Add the sweet potato mixture and cauliflower, egg, smoked gouda, and seasonings. In a small bowl, toss the pecans with the coconut oil and turmeric or cayenne. Top the casserole with the pecans and serve with fresh avocado slices after baking.

Bake for 24 - 30 minutes, or until heated through.

Serve immediately and enjoy.

\*Modified from Source - <http://withsaltandwit.com/>

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