



NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)HolistiC Healthcare

Susan L. Levy, D.C., DABCO, FIACA

Author of *Your Body Can Talk* & *Your AGING Body Can Talk*

www.YourBodyCanTalk.com

YourBodyCanTalk2@Gmail.com

Sweet Potato Au'Gratin

Jerusalem artichokes are full of iron and potassium and delicious when paired with earthy lentils.

Add sweet potatoes, crunch with nuts, and freshness with greens.

Ingredients – remember to always use organic!

- ½ cup Red Lentils
- 2 large Jerusalem Artichokes
- 1 large Sweet Potato
- ½ large Onion, *sliced*
- ¼ cup Walnuts, *chopped*
- ¼ cup *Cheder Cheese substitute, *shredded*
- 1 tsp Powdered Turmeric
- ½ tsp Powdered Ginger
- Salt and Pepper, *to taste*

- ½ cup Mixed Leafy Greens



Instructions:

1. Steam or Simmer lentils until very soft. Reserve some of the water.
2. Slice the Jerusalem Artichokes and Sweet Potato into thin coins.
3. In large bowl toss with Onion, Cheese, and spices. Coat well.
4. Pour Lentils into bottom of baking dish and cover with Potato mixture. Add a little of the water to keep drying out.
5. Top with remaining cheese and the nuts. Bake on low temperature until cheese is melted.
6. Serve as a layered dish with the greens for balance.

** Cheese substitutes can be found at natural food stores or made at home!*