**Kale, Artichoke, and Sweet Potato Baked Risotto**

**Ingredients:**
- 2 teaspoons olive oil
- 1 tablespoon butter (optional, use more olive oil if not using)
- 1 cup diced yellow onion
- 2 garlic cloves, minced
- 2 tablespoons fresh thyme leaves or ½ teaspoon dried thyme
- 4 cups vegetable stock
- 1 bunch kale, tough stems removed, sliced crosswise into 1/2-inch strips (about 4 cups)
- 1 ½ cups Arborio rice
- Salt and pepper
- ½ cup dry white wine (optional, substitute more stock if not using)
- 4 cups peeled and diced sweet potato, about 2 lbs
- 1 cup roughly chopped marinated or frozen and defrosted artichoke hearts
- Grated parmesan cheese for serving (optional)

*Serves 6*

**Directions:**
1. Preheat oven to 400°F.
2. Melt butter in olive oil in a saucepan over medium high heat. Add onions, garlic and thyme into pan and cook for 3–5 minutes or until onions are softened.
3. Add rice into onion mixture and continue cooking over medium heat, stirring frequently, cook for about 3 minutes.
4. Add wine if using, or ½ cup stock into rice, cook until almost all the liquid is absorbed about 2–3 minutes.
5. Stir in sweet potato, artichoke hearts, kale, and 4 cups stock. Bring mixture up to a boil and turn off the heat.
6. Pour the rice mixture into a well-oiled 9x13 in baking dish. Cover with foil and bake for 20–25 minute or until most of the liquid is absorbed and rice is al dente. Remove from the oven and let the risotto sit covered for 5–10 minutes before serving. Serve with grated parmesan cheese if using.