

Potato and Leek Gratin

Makes 6 servings, Approximately 3 ounces of milk per serving.

Ingredients

2 cups	fat free skim or lowfat milk
4	cloves garlic, peeled and slivered
1	bay leaf
1/8 teaspoon	nutmeg
1 1/2 teaspoons	salt
	Freshly ground black pepper to taste
2 pounds	Idaho® Potatoes, (4-6 medium), peeled and sliced 1/4-inch-thick
1 teaspoon	olive oil
2 cups	sliced leeks (3-4 medium)
2 tablespoons	reduced-fat sour cream
1 tablespoon	Dijon mustard
1/2 cup	grated Gruyère or sharp Cheddar cheese (2 ounces)

Directions

Place oven rack in the upper third of the oven; preheat to 425 degrees F. Lightly oil a 1 1/2 or 2-quart gratin dish or other shallow baking dish or coat it with nonstick spray.

In a large heavy-bottomed saucepan, combine milk, garlic, bay leaf, nutmeg, salt and pepper; bring to a simmer, stirring, over medium-low heat. Gently slip in potatoes, partially cover and simmer gently over low heat, stirring often, just until potatoes are tender, but not soft, and the milk has thickened, 10 to 15 minutes.

Meanwhile, heat oil in a nonstick skillet over medium-low heat; add leeks and saute until tender, about 5 minutes.

With a slotted spoon, transfer half the cooked potatoes to the prepared gratin dish, discarding bay leaf. Cover with leek mixture. Again with a slotted spoon, spread remaining potatoes over leeks. Add sour cream and mustard to milk remaining in the saucepan and stir to blend; spread over the gratin. Sprinkle with cheese.

Bake until bubbly and golden on top, 20 to 25 minutes. Serve.

Nutrition

230 calories; 4.5 g fat; 2 g saturated fat; 15 mg cholesterol; 11 g protein; 43 g carbohydrate; 5 g fiber; 705 mg sodium; 250 mg calcium (25% of daily value).

Nutrition figures based on using fat free milk.