

# Scalloped Potato Gratin

**Yield:** 7 servings (serving size: 1 cup)

## Ingredients

- olive oil spray, I used my misto
- 6 medium peeled yukon gold potatoes, sliced 1/8-inch-thick (2 lb 4 oz peeled)
- 2 tbsp light butter, melted
- salt and fresh pepper to taste
- 1/2 tsp garlic powder
- 3 oz shredded reduced-fat Cheddar (I used Cabot), (3/4 cup)
- 1 cup fat free milk
- 1 bay leaf
- pinch freshly grated nutmeg
- 2 tsp thyme



## Preparation

1. Preheat oven to 425°F.
2. Spray an 11 x 7-inch baking dish with cooking spray.
3. In a large bowl, combine potatoes, butter, salt, garlic powder and fresh cracked pepper.
4. Arrange half of the potato slices in the baking dish; top with 1/4 cup cheese. Add the remaining potatoes.
5. In a small saucepan, bring milk, thyme, bay leaf and nutmeg to a boil; pour over potatoes.
6. Top with remaining cheese and bake uncovered, for 45 - 50 minutes, or until potatoes are tender.

## Nutritional Information: Amount per serving

- Calories: 160
- Calories from fat: 25%
- Fat: 2g
- Saturated fat: 0.5g
- Protein: 7g
- Carbohydrate: 24.5g
- Cholesterol: 0.5mg
- Sugar: 2.5g

*Adapted from  
Skinnytaste.com  
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