

Healthy Food for a Wealthy Mood



Two-Potato Gratin

2 medium baking potatoes, peeled and cut into 1/4-inch-thick slices (about 3 cups)
2 medium sweet potatoes, peeled and cut into 1/4-inch-thick slices (about 4 cups)
2 quarts no-salt-added chicken stock
2 Tbsp. canola oil
3 Tbsp. all-purpose flour
2 garlic cloves, crushed
1 1/2 cups 2% reduced-fat milk
2 thyme sprigs
3/4 tsp. kosher salt, divided
1/4 tsp. pepper
3 oz. aged Gruyere cheese, shredded (about 3/4 cup)
Cooking spray
1 1/2 tsp. chopped fresh thyme
1 oz. fresh Parmigiano-Reggiano cheese, grated (about 1/4 cup)

Preheat oven to 350. Place potatoes in a large stockpot; cover with stock. Bring mixture to a boil; cook 4 minutes. Remove from heat. Carefully remove potatoes from pot using a slotted spoon, reserving cooking liquid. Arrange potato slices in a single layer on a jelly-roll pan; set aside. Strain cooking liquid through a fine-mesh sieve over a bowl; reserve 1 cup cooking liquid. Discard solids and remaining cooking liquid.

Heat a medium saucepan over medium heat. Add oil. Sprinkle flour over oil; cook 1 minute, stirring constantly with a whisk. Add garlic; cook 2 minutes, stirring frequently. Combine milk and reserved 1 cup cooking liquid. Gradually pour milk mixture into flour mixture in pan, stirring constantly with a whisk. Add thyme sprigs to pan. Bring mixture to a boil; cook 4 minutes or until slightly thick, stirring frequently. Remove from heat. Strain mixture through a fine-mesh sieve over a bowl, reserving sauce; discard solids. Stir 1/2 teaspoon salt, pepper, and Gruyere cheese into sauce.

Spread 1/2 cup sauce in bottom of a broiler-safe 2-quart ceramic baking dish coated with cooking spray. Arrange a single, flat layer of sweet potato and then baking potato slices over sauce. Over flat layer, alternate baking potato and sweet potato slices in a shingle-like fashion. Sprinkle evenly with remaining 1/4 teaspoon salt, 1 tablespoon chives and chopped thyme; pour remaining sauce over potatoes. Sprinkle with Parmigiano-Reggiano cheese. Bake at 350 for 1 hour or until potatoes are tender when pierced with a knife.

Remove gratin from oven. Preheat broiler to high. Place gratin in oven. Broil gratin 3 minutes or until browned. Sprinkle with remaining 1 tablespoon chives.

Serves 8
CAL 218; FAT 9g; PRO 9.3g; CARB 25.2g; FIB 2.7g;
CHOL 18mg; IRON 1.2mg; SOD 339mg; CALC 228mg

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