



Potato, Leek, Mushroom and Gruyere Gratin

INGREDIENTS:

3 each	Idaho potatoes, sliced thin (on mandolin or in food processor)
1 cup	Leeks, washed and julienne
2 cups	Mushrooms, sliced
1 Tablespoon	Garlic, minced
1 cup	Skim milk
1 cup	Chicken stock or broth
¼ cup	White wine, dry like Chardonnay
½ cup	Gruyere, shredded
½ teaspoon	Sea salt
1 teaspoon	Onion powder
2 Tablespoons	Thyme, fresh, chopped
¼ teaspoon	Black pepper, ground
4 Tablespoons	All-purpose flour
2 Tablespoons	Parsley, chopped (as garnish)

PREPARATION:

- Preheat oven to 350° F
- In medium sized bowl, mix finely sliced potatoes with salt, onion powder, thyme, pepper and flour.
- Preheat medium sauté pan, and spray lightly with pan spray.
- Sauté leeks, mushrooms and then garlic, until tender.
- Prepare baking dish; lightly spray with non-stick pan spray.
- In large measuring cup, mix stock, skim milk and white wine.
- Place half of the potatoes in bottom of pan.
- Then place ½ of the sautéed vegetable mixture in pan.
- Drizzle half the milk mixture over the first layer.
- Next, layer with half the amount of cheese, and repeat the steps above to continue layers until gone.
- Cover baking dish with plastic wrap, then top with aluminum foil—aluminum foil keeps it from melting.
- Bake in oven for about 30-40 minutes, or until fork tender, then pull out and uncover.
- Bake uncovered for an additional 10 minutes to brown the top.
- Remove from oven and garnish with freshly chopped flat Italian parsley.
- Serve with your favorite meal.

Number of Servings:	8
Serving Size:	about ½ cup
Calories:	195
Fat grams:	3

