

# Scalloped Russet and Sweet Potatoes

*Our Best Recipes  
Meredith Corporation*

## Servings: 8

*1 clove garlic  
1 tablespoon butter, softened  
1 large onion, peeled  
salt (to taste)  
pepper (to taste)  
2 tablespoons olive oil  
1/2 teaspoon fresh thyme leaves  
2 cups milk  
1/2 cup heavy cream  
2 tablespoons butter  
3 tablespoons all-purpose flour  
5 medium russet potatoes  
1 medium sweet potato  
fresh whole nutmeg*

## Preparation Time: 50 minutes

### Bake: 55 minutes

Preheat the oven to 350 degrees.

Aggressively rub the inside of a 2-1/2- to 3-quart gratin dish with the garlic clove. Coat with the butter.

With a mandoline or very sharp knife, slice the onion to about 1/16-inch thickness.

In a skillet over low heat, cook the onion in the olive oil until tender, sprinkling well with salt and pepper. Remove from the heat. Stir in the thyme leaves. Set aside.

In a small saucepan, heat the milk and cream just until simmering.

In a saucepan, melt the butter over medium heat. Whisk in the flour. Remove from the heat. Whisk in the hot milk and cream a little at a time until incorporated. Return to the heat. Bring to a gentle boil. Cook 3 to 5 minutes or until thickened.

Peel all of the potatoes. With a mandoline or very sharp knife, slice the potatoes to a 1/16-inch thickness. Layer one-third of the russet and sweet potato slices in the prepared dish. Season with salt, ground pepper and two or three light gratings of nutmeg.

Scatter about one-third of the onions on the potatoes. Spoon one-third of the cream mixture on the potatoes. Create two more layers with the remaining potatoes, seasonings, onions and cream mixture, finishing with the cream mixture on top (the cream may not totally cover the top).

Bake, uncovered, for 45 minutes. Increase the oven temperature to 425 degrees. Bake for 10 to 15 minutes more or until bubbly, golden crusty brown and the potatoes are tender.

Remove from the oven. Let stand for 10 minutes.

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Per Serving (excluding unknown items): 227 Calories; 15g Fat (59.8% calories from fat); 4g Protein; 19g Carbohydrate; 2g Dietary Fiber; 40mg Cholesterol; 85mg Sodium. Exchanges: 1 Grain(Starch); 0 Vegetable; 1/2 Non-Fat Milk; 3 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	227	Vitamin B6 (mg):	.2mg
% Calories from Fat:	59.8%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	33.2%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	7.1%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	15g	Folacin (mcg):	19mcg
Saturated Fat (g):	8g	Niacin (mg):	1mg
Monounsaturated Fat (g):	6g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	40mg	% Refuse:	0.00%
Carbohydrate (g):	19g		
Dietary Fiber (g):	2g		
Protein (g):	4g		
Sodium (mg):	85mg		
Potassium (mg):	419mg		
Calcium (mg):	95mg		
Iron (mg):	1mg		
Zinc (mg):	1mg		
Vitamin C (mg):	15mg		
Vitamin A (i.u.):	3721IU		
Vitamin A (r.e.):	452 1/2RE		

Food Exchanges

Grain (Starch):	1
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	1/2
Fat:	3
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories	227	Calories from Fat: 136
% Daily Values*		
Total Fat	15g	24%
Saturated Fat	8g	39%
Cholesterol	40mg	13%
Sodium	85mg	4%
Total Carbohydrates	19g	6%
Dietary Fiber	2g	6%
Protein	4g	

<b>Vitamin C</b>	24%
<b>Calcium</b>	9%
<b>Iron</b>	4%

*\* Percent Daily Values are based on a 2000 calorie diet.*