

## Scalloped Herbed Potatoes

- 1 teaspoon chopped fresh thyme
- 1 teaspoon chopped fresh rosemary
- 1/2 teaspoon salt
- 1/8 teaspoon ground nutmeg
- 3 cups thinly sliced red potatoes
- 1/2 cup minced onions
- 2 teaspoons reduced-calorie butter or margarine
- 1 tablespoon all-purpose flour
- 2 cups low-fat milk
- 2 tablespoons grated Parmesan cheese
- 2 tablespoons shredded extra-sharp, low-fat Cheddar cheese

Preheat the oven to 400 degrees. Coat a 9-inch round no-stick cake pan with no-stick spray. In a small bowl, combine the thyme, rosemary, salt and nutmeg. Layer the potatoes and onions in the baking dish, sprinkling each layer with the herb mixture. In a saucepan over medium heat, melt the butter. Add the flour; cook and stir for 2 minutes (the mixture will be dry). Gradually add the milk; increase the heat to medium-high. Cook, whisking constantly, for 3 to 5 minutes or until the sauce thickens slightly. Pour the sauce over the potatoes. Bake for 40 to 45 minutes or until the potatoes are very tender. Sprinkle the cheeses over the potatoes; bake for 10 to 12 minutes more or until golden brown. Cut into wedges; garnish with sprigs of rosemary. Serves 4. Per serving: calories 212, fat 4 g., cholesterol 10 mg., sodium 443 mg.