

Scalloped Potatoes and Carrots

From – *Moosewood Restaurant Low-Fat Favorites*

1 cup thinly sliced onions (1 medium onion)
¼ tsp dried thyme
1 Tbsp butter
1 ½ cups evaporated skimmed milk (12 oz can)
1 ½ Tbsp unbleached white flour
1/8 tsp nutmeg
¾ tsp salt
¼ tsp ground black pepper
3 cups peeled and thinly sliced potatoes (about 4 potatoes)
1 cup peeled and thinly sliced carrots (about 2 carrots)

- Preheat oven to 400 degrees.
- In a heavy skillet, saute` the onions and thyme in the butter on low heat for 5 to 7 minutes, until translucent, stirring regularly.
- In a small bowl, whisk together the evaporated skimmed milk, flour, nutmeg, salt and pepper.
- Lightly oil a 1 ½ to 2 quart baking dish.
- Combine the potatoes, carrots and sauteed onions in the dish and pour the milk mixture evenly on top
- Cover tightly with foil and bake for 40 minutes.
- Lower the heat to 350 degrees, uncover, and bake for about 30 minutes longer, or until the vegetables are tender and the top is golden hued.
- Serve piping hot.



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