

# SCALLOPED POTATOES



50 STATES  
☆☆☆  
50 PLATES

featuring

★ FRANKLIN BECKER ★

Paid spokesperson for Novo Nordisk.

## INGREDIENTS

- ★ Avocado oil spray
- ★ 6 ounces Idaho gold potatoes, 1 medium, sliced 1/8-inch thick
- ★ 6 ounces rutabaga, 1 large Rutabaga peeled, cut into quarters, sliced 1/8-inch thick
- ★ 1 cup 2% evaporated milk
- ★ 1 teaspoon flour
- ★ Pinch ground black pepper
- ★ Pinch ground nutmeg
- ★ 6 ounces Idaho gold potatoes, 1 medium, sliced 1/8-inch thick
- ★ 6 ounces rutabaga, 1 large Rutabaga peeled, cut into quarters, sliced 1/8-inch thick
- ★ 1 small clove garlic, peeled and smashed
- ★ 1 ounce coarsely grated or shredded Gruyere cheese, divided

## DIRECTIONS

Heat the oven to 350 degrees F. Lightly coat the two ovenproof dishes (I used 1 1/2 cup capacity soufflé dishes ) with oil. In a small pot whisk together evaporated milk, flour, pepper, and nutmeg. Add the sliced potatoes, rutabaga and garlic and bring to a simmer over medium, then reduce heat and simmer gently for 2 to 3 minutes. Turn off the heat and let sit for 12 minutes.

Transfer the mixture to the prepared dishes. Cover tightly with foil and place on a rimmed baking sheet. Bake until the potatoes and rutabaga are tender when pierced with the tip of a knife, 25 to 30 minutes. Uncover the dish and turn on the broiler. Sprinkle the cheese over top of potatoes and broil until top is browned and bubbly, about 3 minutes. Let it sit for 10 minutes before serving.

### Serving Size and Nutritional Information:

**Serves 2** (Serving Size = 313g)

**310** Calories Per Serving, **7g** Total Fat,

**47g** Total Carbohydrates, **16g** Protein

Estimated nutrition information is provided as a courtesy. Data gathered via a registered nutritionist. We strive to make this information as accurate as possible; however, Novo Nordisk makes no warranties regarding its accuracy.



Want more recipes? Download more delicious, type 2 diabetes-friendly recipes at [MyType2Transformation.com](https://MyType2Transformation.com).



Novo Nordisk is a registered trademark of Novo Nordisk A/S. All other trademarks, registered or unregistered, are the property of their respective owners.  
© 2024 Novo Nordisk All rights reserved. US23OZM00628 January 2024