Turnip-Parsnip Gratin

A mandoline will slice the veggies into uniform thickness and make quick work of it. Use a flavorful aged Gruyère cheese, if you can find it. If not, substitute an equally assertive cheese, such as aged cheddar, Gouda, or a pungent soft-ripened cheese, like Brie.

3 3/4 cups (1/8-inch-thick) slices peeled turnip
3 3/4 cups (1/8-inch-thick) slices peeled parsnip
6 cups water
Cooking spray
1 cup whole milk
1/3 cup fat-free, less-sodium chicken broth
2 tablespoons all-purpose flour
1 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper
1 cup (4 ounces) shredded Gruyère cheese
2 tablespoons butter
1/4 cup panko (Japanese breadcrumbs)

1. Preheat oven to 400°.

2. Combine first 3 ingredients in a large saucepan; bring to a boil. Reduce heat, and simmer 7 minutes or until almost tender. Drain; let stand 5 minutes. Arrange about 1/2 cup vegetable mixture into each of 8 (5 1/2-inch) round gratin dishes coated with cooking spray.

3. Combine milk, broth, flour, salt, and pepper in a saucepan over medium-high heat; bring to a simmer. Cook 4 minutes, stirring constantly with a whisk until thick. Remove from heat; add cheese, stirring with a whisk until smooth. Spoon about 3 tablespoons sauce over each serving.

4. Melt butter in a medium skillet over medium-high heat. Add panko; toast 2 minutes, stirring constantly. Sprinkle breadcrumb mixture evenly over cheese mixture. Place dishes on a baking sheet. Bake at 400° for 15 minutes or until bubbly and golden brown on top. Let stand 5 minutes before serving.

Yield: 8 servings (serving size: 1 gratin)

CALORIES 196; FAT 8.8g (sat 5.1g,mono 2.5g,poly 0.5g); CHOLESTEROL 26mg; CALCIUM 236mg; CARBOHYDRATE 22.8g; SODIUM 424mg; PROTEIN 7.6g; FIBER 5.3g; IRON 0.9mg

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