

quick comfort

Cheese Fondue

- 1 cup dry white wine
- 6 ounces Swiss or Jarlsberg cheese, shredded (1½ cups)
- 6 ounces Gruyère cheese, shredded (1½ cups)
- 2 tablespoons all-purpose flour
- ¼ teaspoon ground black pepper
- pinch ground nutmeg (optional)

accompaniments: 1-inch cubes of crusty French, whole wheat, or pumpernickel bread; baby carrots; celery and red-pepper sticks

1 In fondue pot or 2-quart saucepan, heat wine over medium-high heat until very hot but not boiling.

TIP The name of this famous dish comes from *fondre*, the French verb "to melt." Classic *fondue au fromage* (cheese fondue) is actually of Swiss origin. You can substitute other cheeses to suit your family's taste.

2 Meanwhile, in medium bowl, toss cheeses with flour until evenly mixed.
3 Reduce heat to medium-low. Add 1 handful of cheese mixture to wine; stir constantly and vigorously until cheese melts and mixture is thick and smooth. Repeat with remaining cheese mixture. Stir in pepper and nutmeg if using.

4 Transfer fondue pot to tabletop heater to keep hot if you like. Serve with bread chunks and vegetables for dipping.

■ Total time: 20 minutes. Makes 4 main-dish servings. Each serving fondue only: About 360 calories, 25 g protein, 5 g carbohydrate, 25 g total fat (15 g saturated), 0 g fiber, 85 mg cholesterol, 255 mg sodium.

