

Potatoes Au Gratin

Ingredients:

Non stick cooking spray 6 medium russet potatoes, peeled and sliced

- 1 cup onion, chopped
- 2 tablespoons margarine
- 4 tablespoons flour
- Black pepper
- 1 1/2 cups reduced fat cheddar cheese, shredded
- 2 cups skim milk

Directions

- 1. Preheat oven to 350°F. Spray a large casserole dish with non stick spray. Set aside.
- 2. Wash potatoes and place on cutting board. Starting at one end, slice into thin slices. Set aside.
- Cut the ends off of the onion, and peel off the brown layers. Cut the onion in half lengthwise, and place the flat side down. Slice across the onion, keeping onion together. Turn and slice to make dice. Set aside.
- 4. Use a grater to grate cheese into small pieces, set aside.
- 5. Place about half of the potatoes in casserole dish. Sprinkle half of chopped onions on top. then half the grated cheese. Repeat layers.
- 6. Meanwhile, melt margarine in medium saucepan. Add flour and use a fork to stir until flour and margarine are mixed well together.
- 7. Slowly pour milk into saucepan and stir until thickened, about 5 to 10 minutes. Add pepper to taste.
- 8. Pour sauce over all ingredients in casserole dish. Bake at 350°F for one hour.
- 9. Refrigerate leftovers within two hours.

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Equipment:

Knife & Cutting board Large casserole dish Measuring cups Measuring spoons Grater

Number of Servings: 8 Prep Time: 15 minutes Total time: 1 hour & 15 minutes

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Nutrition Facts

Serving Size: 1 cup Servings: 8

Recipes

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Amount Per Serving				
Calories 188		Calories from I	Calories from Fat 63	
%Daily Value			/alue*	
Total Fat 7g			10%	
Saturated Fat 3g			14%	
Cholesterol 11mg			4%	
Sodium 328mg			14%	
Total Carbohydrate 18g			6%	
Dietary Fiber 1g			5%	
Protein 14g			28%	
Vitamin A	7%	Vitamin C	21%	
Iron	5%	Calcium	26%	
*Percent Daily Values are based on a 2,000 calorie diet.				

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