

Scalloped Potatoes

Makes: 4 servings

Ingredients

8 small potatoes (2 pounds, sliced thin)

2 tablespoons margarine

1 cup onion (sliced)

3 tablespoons flour

1/4 teaspoon pepper

2 cups milk, whole

Directions

1. Wash potatoes; peel and cut into thin slices.
2. Melt 1 Tablespoon of margarine in heavy, deep skillet. Remove skillet from heat; spread half of potato slices in skillet.
3. Cover potatoes with onions. Sprinkle half of flour and pepper over potato mixture.
4. Add remaining potato slices, flour and pepper. Cut 1 Tablespoon of margarine into small pieces and place on top of potato mixture.
5. Pour milk over potato mixture; bring to boil over high heat. Reduce heat to medium low, cover, and cook until potatoes are tender, about 15 minutes.

Source: USDA, Center for Nutrition Policy and Promotion (CNPP), Recipes and Tips for Healthy, Thrifty Meals, 2000

Nutrition Information

Nutrients	Amount
Calories	330
Total Fat	10 g
Saturated Fat	4 g
Cholesterol	10 mg
Sodium	100 mg
Total Carbohydrate	53 g
Dietary Fiber	4 g
Total Sugars	9 g
Added Sugars included	N/A
Protein	9 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available