

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

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

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.
3. 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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Nutrition Facts			
Serving Size: 1 cup			
Servings: 8			
Amount Per Serving			
Calories 188		Calories from Fat 63	
%Daily Value*			
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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