

Au Gratin Potatoes

Makes: 8 servings

Ingredients

6 russet potatoes (medium, 3-4 inch, peeled and sliced into 1/4 inch slices)

1 cup onion (chopped)

2 tablespoons margarine

4 tablespoons flour

1 teaspoon salt

black pepper

1 1/2 cups cheddar cheese, mild shredded

2 cups milk, non-fat

Directions

Quickest Method:

1. Prepare a large casserole baking pan by coating lightly with oil or cooking oil spray.
2. Place a layer of potatoes in pan, using approximately 1/4 of potatoes.
3. Sprinkle layer with 1/4 cup chopped raw onion, 1/4 of the cheese, 1/2 tablespoon margarine, 1 tablespoon flour, 1/4 teaspoon salt, and sprinkling of black pepper.
4. Repeat layers, making a total of 4.
5. Meanwhile heat milk over low heat.
6. Pour warm milk over all ingredients in casserole dish.
7. Bake at 350 degrees for one hour.
8. Refrigerate leftovers within two hours.

Creamiest Method:

1. Prepare a large casserole baking pan by coating lightly

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	360	
Total Fat	9 g	14%
Protein	13 g	
Carbohydrates	57 g	19%
Dietary Fiber	6 g	24%
Saturated Fat	5 g	25%
Sodium	490 mg	20%

with oil or cooking oil spray.

2. Make a white sauce by melting margarine in a small pan. Stir in flour. Gradually add milk, stirring constantly.

3. Cook, stirring constantly, until slightly thickened. Remove from heat. Stir in cheese until melted and smooth.

4. Add salt and pepper.

5. Place a layer of potatoes and onion in a prepared casserole pan, using approximately 1/4 of the potatoes and 1/4 cup onion.

6. Spread with 1/2 cup of the sauce prepared in steps 2 and 3.

7. Repeat layers, making a total of 4.

8. Bake at 350 degrees for one hour.

9. Refrigerate leftovers within two hours.