

Recipe for

SCALLOPED POTATOES

EQUIPMENT NEEDED Oven, stove, medium saucepan, whisk, measuring spoon, measuring cups, knife, cutting board, can opener

SERVES 5 ESTIMATED COST \$4.98 COST PER SERVING \$1.25

INGREDIENTS

- 3 tbsp butter
- ½ cup onion, diced small
- 1 clove garlic, minced
- 3 tbsp flour
- 1 cup milk
- 1 tsp dried herbs (e.g., Italian seasoning, thyme, basil)
- 2 ea 14.5 oz cans sliced potatoes, drained and rinsed
- 1 cup shredded cheese (e.g., Monterey jack, cheddar, Colby jack)

METHOD OF PREPARATION

1. Preheat the oven to 350°F. In a medium saucepan, melt the butter over medium heat. Add onions, garlic, and a pinch of salt and sauté for 3-5 minutes until softened.
2. Add the flour into saucepan, stirring frequently, to prevent burning. Add milk in gradually while stirring until thickened. Season to taste with salt and pepper.
3. In a 2-quart baking dish, layer 1st can of potatoes, top with ½ of the cheese, then the 2nd can of potatoes. Pour the thickened milk mixture over the potatoes and top with remaining of cheese.
4. Bake for 25-30 minutes until golden brown.

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NUTRITION INFORMATION

Scalloped Potatoes		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving		% Daily Value*
Calories	269.4 kcal	13 %
Total Fat	15.7 g	24 %
Saturated Fat	9.6 g	48 %
Trans Fat	0.5 g	
Cholesterol	43.3 mg	14 %
Sodium	406.9 mg	17 %
Total Carbohydrate	23.6 g	8 %
Dietary Fiber	3.4 g	13 %
Sugars	3.8 g	
Protein	9.5 g	19 %
Vitamin A	10 %	Vitamin C 12 %
Calcium	24 %	Iron 11 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full info at cronometer.com		

HEALTH BENEFITS

Onions, especially red and yellow, contain the highest amounts of antioxidants compared to other types. These are great at helping lower blood pressure, improve heart health, and provide anti-fungal qualities to inhibit the growth of harmful microorganisms in your body.

HEALTH BENEFITS

Potatoes are packed full of vitamins, minerals, and antioxidants. Potatoes contain *resistant starch*, which when increased when cooled, is helpful in aiding the good bacteria in your gut and reducing inflammation.



References:

1. Recipe provided by Kelley Robertson.