Scalloped potatoes



Recipe credit

Washington State University Extension, Favorite Recipes for Family Meals

About this recipe

Serves
8
Serving size
1/8 of recipe (315g)

Ingredients

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

- 1 cup onion (chopped raw)
- 2 tablespoons margarine
- 4 tablespoons flour
- 1 teaspoon salt
- dash black pepper
- 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, 1/2 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 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.
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.

Tips and variations

- Leave potato skins on for more nutrition!

Nutritional info

Calories
191
Total fat
3 g
Saturated fat
1 g
Cholesterol
1 mg
Sodium
350 mg
Total carbohydrates
36 g
Dietary fiber
4 g
Protein
6 g
Total sugar
5 g
Allergens
Dairy
Wheat

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