

Au Gratin Potatoes

Yield 8 servings

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 |
| | black pepper |
| 1 1/2 cup | mild cheddar cheese, shredded |
| 2 cups | nonfat milk |

Instructions

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 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.

| Nutrition Facts | |
|------------------------------------------------------------------------------------------------------------------------------------|-----------------------------|
| Serving Size 1/8 of recipe (334g) | |
| Servings Per Container | |
| Amount Per Serving | |
| Calories 360 | Calories from Fat 80 |
| % Daily Value* | |
| Total Fat 9g | 14% |
| Saturated Fat 5g | 25% |
| Trans Fat 0.5g | |
| Cholesterol 25mg | 8% |
| Sodium 490mg | 20% |
| Total Carbohydrate 57g | 19% |
| Dietary Fiber 6g | 24% |
| Sugars 6g | |
| Protein 13g | |
| Vitamin A 2% | Vitamin C 50% |
| Calcium 10% | Iron 15% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | |
| | Calories 2,000 2,500 |
| Total Fat | Less Than 65g 80g |
| Saturated Fat | Less Than 20g 25g |
| Cholesterol | Less Than 300mg 300mg |
| Sodium | Less Than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: | |
| Fat 9 • Carbohydrate 4 • Protein 4 | |

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.

Cost

Per recipe: \$10.57

Per serving: \$1.32

Source

Washington State University Extension, Favorite Recipes for Family Meals