



Scalloped Potatoes

Serves 8-10

Ingredients:

1 Tbsp. cornstarch
½ teas. salt
¼ teas. pepper
½ teas. garlic powder
¼ teas. nutmeg (optional)
¼ cup cold low fat, skim, or evaporated skim milk

2¼ cups low fat, skim, or evaporated skim milk
8 oz. Neufchatel cheese (low fat cream cheese)
2 qt. (8 cups) thinly sliced red or russet potatoes
(or half of each), loosely packed, about 3 lb.
Pan Spray

Directions: In a medium sized, heavy bottomed sauce pan, add the cornstarch, salt, pepper, garlic powder, nutmeg, and ¼ cup cold milk. Stir a minute until no lumps of cornstarch remain. Gradually pour in the 2¼ cups of milk; cook on low heat until the mixture is hot. Add the Neufchatel cheese. Continue stirring until mixture simmers, cheese melts and the mixture starts to thicken; do not boil. Set the pan to the side, off the burner.

Peel potatoes; rinse after peeling. Slice the potatoes into very thin slices. Spray an 8 X 13" baking dish with pan spray. Spread potatoes evenly into pan. Pour the sauce over the potatoes in the baking dish; mix gently so all potatoes are covered with sauce. Cover the pan with foil.

Bake in a 350° oven for 60 – 70 minutes until potatoes are tender. If desired, brown the top of the potatoes under the broiler for a few minutes. Watch closely so the potatoes do not burn.

Substitutions: Cream soup (10.5 oz. can of condensed reduced sodium soup) + 1 soup can of low fat milk may replace the milk. 2 tablespoons of all-purpose flour may replace the cornstarch. For cheesy scalloped or au gratin potatoes, add 1½ cups of reduced fat grated cheese to the pan when you add the milk, or top the potatoes with grated cheese the last 10 minutes it bakes. For a main dish, add 1½ cups (about 8 oz.) diced lean ham.

Nutrition: This recipe provides vegetables and low and reduced fat dairy. It has reduced amounts of fat and sodium. To reduce the sodium further, eliminate the salt. If you add the reduced fat grated cheese or the lean diced ham, this will add about ½ serving of fat to each serving. Because ham is higher in salt, this protein source is for occasional use.

