Scalloped Potatoes

Ingredients:
- vegetable cooking spray
- 1 pound potatoes (3 cups sliced)
- 1 onion, sliced (1 cup sliced onion)
- 2 ounces low-fat cheddar cheese (1/2 cup grated)
- 1/2 teaspoon oregano
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 cup skim milk

More Fresh Ideas for Potatoes
- Bake potatoes and serve plain with toppings.
- Mash potatoes, alone or with carrots or squash.
- Add potatoes to vegetable soup.

Directions:
1. Preheat oven to 375 F. Coat 2-quart baking dish with vegetable cooking spray.
2. Wash and peel potatoes.
3. Slice potatoes and onion thinly.
4. Grate cheese.
5. Combine oregano, salt, and pepper in small dish.
6. Place half of potatoes in baking dish. Spread onions over potatoes. Sprinkle with half the seasoning mixture. Layer remaining potatoes on top.
7. Add milk, remaining seasoning, and cheese.
8. Cover and bake 50 minutes.
9. Change oven setting to broil and broil uncovered, until evenly browned.

Yields about 4 servings

Source:

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Calories</th>
<th>Calories from Fat</th>
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</thead>
<tbody>
<tr>
<td>About ¾ cup potatoes (7.0 ounces)</td>
<td>160</td>
<td>10</td>
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% Daily Value *

- Total Fat: 1g (3%)
- Saturated Fat: 0.5g (4%)
- Cholesterol: 5mg (2%)
- Sodium: 400mg (17%)
- Total Carbohydrate: 30g (10%)
- Dietary Fiber: 2g (8%)
- Sugars: 5g
- Protein: 7g

Vitamin A: 2%
Vitamin C: 30%
Calcium: 10%
Iron: 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

6.3% calories from fat

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ES Hat Research, Salem, Oregon.

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