

SCALLOPED POTATOES

4 Servings, about 1-1/2 cups each

Potatoes	2 pounds
Margarine	2 tablespoons
Onions, sliced	1 cup
Flour	3 tablespoons
Pepper	1/4 teaspoon
Whole milk	2 cups

PREPARATION TIME: 20 MINUTES

COOKING TIME: 15 MINUTES

1. Wash potatoes; peel and slice into thin slices.
2. Melt 1 tablespoon of margarine in heavy, deep skillet. Remove skillet from heat; spread half of potato slices in skillet.
3. Cover potatoes with onions. Sprinkle half of flour and pepper over potato mixture.
4. Add remaining potato slices, flour, and pepper. Cut 1 tablespoon of margarine into small pieces and place on top of potato mixture.
5. Pour milk over potato mixture; bring to boil over high heat. Reduce heat to medium low, cover, and cook until potatoes are tender, about 15 minutes.

PER SERVING:

Calories	305
Total fat	10 grams
Saturated fat	4 grams
Cholesterol	17 milligrams
Sodium	139 milligrams