

Parmesan Scalloped Potatoes

Yield: 10 servings

¼ cup unbleached flour

2 tablespoons finely chopped fresh parsley, or 2 teaspoons dried

1/8 teaspoon ground white pepper

2 pounds baking potatoes (about 6 medium)

2 small yellow onions, thinly sliced and separated into rings

½ cup grated reduced-fat Parmesan cheese

2 cups evaporated skim milk

Method

- 1. Combine the flour, parsley, and pepper in a small bowl, and set aside.*
- 2. Scrub the potatoes, and slice them thinly (slightly less than ¼ inch). Measure the potatoes. There should be 6 cups. (Adjust the amount if necessary.)*
- 3. Coat an 8-X-12 inch baking dish with nonstick cooking spray. Arrange 2 cups of the potatoes in a single layer over the bottom of the dish, slightly overlapping the slices. Lay half of the onion rings over the potatoes, and sprinkle the onions with half of the flour mixture and 2 tablespoons of the Parmesan. Repeat these layers, and top with the remaining 2 cups of potatoes. Pour the milk over the potatoes, and sprinkle with the remaining ¼ cup of Parmesan.*
- 4. Cover the dish with aluminum foil, and bake at 350 deg.F for 45 minutes. Remove the foil, and bake for 30 additional minutes, or until the potatoes are tender and the top is golden brown. Remove the dish from the oven, and let sit for 5 minutes before serving.*

Nutritional Facts (per ¾ cup serving)

Calories: 168

Fibre: 2.6 g

Cholesterol: 5 mg

Protein: 8.1 g

Fat: 0.3 g

Sodium: 103 mg