

Scalloped Potatoes

Ingredients:

Vegetable cooking spray
1 lb potatoes (3 cups sliced)
1 onion, sliced (1 cup sliced onion)
2 oz low-fat cheddar cheese (1/2 cup grated)
½ tsp oregano
½ tsp salt
¼ tsp pepper
½ cup skim milk



Directions:

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

Makes 4 servings

Nutritional Info per serving: 160 calories, 1g fat, 0.5g sat fat, 400mg sodium, 2g fiber

Source: [GET FRESH!](#) Division of Nutritional Sciences, Cornell University and Cornell Cooperative Extension, 2001.