

Low Cholesterol Scalloped Potatoes



Low
Cholesterol

A low-fat, heart healthy version of this traditional comfort food.

Ingredients

- 4 cups thinly sliced raw potatoes
- 1 onion
- 1 tablespoon chopped parsley (optional)
- 3 tablespoons whole grain flour
- 1/8 teaspoon pepper
- 1-1/2 teaspoons salt (or can substitute Mrs. Dash)
- 3 tablespoons low cholesterol margarine
- 1 1/2 cups skim milk

Directions

1. Layer potatoes and onions in casserole, sprinkling flour between each layer.
2. Heat milk and margarine and season with salt, pepper, and parsley. Pour sauce over all layers.
3. Bake 1 hour covered at 350° F. Remove cover and bake additional 30 minutes.

Makes 6 servings.

Source: **SparkPeople.com** Recipe