

Scalloped Potatoes

Yield: 4 cups

Serves: 4 adults

Ingredients

vegetable cooking spray
1 pound sliced potatoes (3 cups)
1 medium sliced onion (1 cup)
1 ounce shredded low-fat cheddar cheese (1/4 cup)
1/2 teaspoon oregano
1/2 teaspoon salt
1/4 teaspoon pepper
1/2 cup low-fat (1% or less) milk.

Steps

1. Preheat oven to 375 degrees. Coat a 2-quart baking dish with vegetable cooking spray.
2. **Wash**, peel and slice potatoes.
3. Cut onion in half. Cut ends and **discard**. **Peel onion**. Chop onion.
4. Shred cheese onto waxed paper.
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.
10. **Enjoy!**

Have your child help you do the bold steps.

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