

Skillet Scalloped Potatoes

Serving Size: 1/4 of recipe

Serves: 4

Ingredients

2 tablespoons butter

½ medium onion, diced

6 small to medium Yukon Gold potatoes, thinly sliced with skins

1 clove garlic, minced

Dash ground black pepper

1 tablespoon fresh parsley, diced

½ cup fat free half and half

½ cup grated parmesan cheese

Directions

In a large sauté pan sauté the onions in the butter until soft.

Add the sliced potatoes and garlic and stir for 2 minutes just to soften the potatoes but not completely cook them.

Sprinkle the potatoes with pepper and parsley.

Slowly pour the half and half over the potatoes in the pan.

Sprinkle with parmesan.

Cover and cook over a low heat or until potatoes are tender, 15 to 20 minutes.

Exchanges per serving:

½ Milk, 1 Starch, 2 Fats

Nutrients per serving:

Calories: 222

Calories from fat: 86

Total Fat: 10g

Saturated Fat: 6g

Cholesterol: 28mg

Sodium: 284mg

Carbohydrate: 26g

Dietary Fiber: 2g

Protein: 8g