

## Parmesan Scalloped Potatoes with Spinach



Bring a side to the Holiday Parties. Just in time for a Thanksgiving. Give a reason for your In-laws and cousins to be talking about how good your Scalloped Potatoes were! Rich and creamy, with a hint of healthy too!

### Ingredients:

- 2½ pounds Potatoes (any kind, sliced)
- 1 cup onion chopped
- 1 lb spinach chopped
- 3 tablespoons olive oil
- 2 garlic cloves minced
- 3 tablespoons of flour
- Salt and pepper ¼ teaspoon each
- 2½ cups low-fat milk
- 1 cup grated Parmesan cheese,

### Cooking Instruction:

- First Preheat oven to 425 °F.
- Mix potatoes together on a baking sheet with oil, tossing them with the olive oil. Place them into the oven once heated.

- Separately in a pan on the stove, sauté the onions. Once they have started to brown, add the garlic, flour, salt and pepper.
  - Next add your milk.
  - Increase heat to medium high while continuing to periodically stirring.
  - Stir until the sauce begins thickening and bubbles (about 5 minutes).
  - Remove from stove.
  - Squeeze the spinach to get rid of any excess water, then add into the pan.
  - When the potatoes have finished cooking, remove from the oven.
  - Next preheat the broiler.
  - Transfer half the potatoes to a dish that is broiler-safe and spread half the sauce on the top with ½ cup of the cheese.
  - Add the rest of the potatoes, cheese, and sauce.
  - Broil until the sauce on the potatoes is bubbling and the cheese is starts browning.
  - Allow the dish to cool for a few minutes before serving.
- ENJOY!!

### **Nutrition of Potatoes:**

- ✓ Decent source of Fiber
- ✓ Contains Starch that aids in digestive health
- ✓ The skin contains mineral that can help with hypertension
- ✓ Good source of Potassium
- ✓ Contains Vitamin C
- ✓ Antioxidants can be found in the skin of darker potatoes ex. Red potatoes