

Scalloped Potatoes

4 small potatoes
1 small onion
Nonstick cooking spray
2 teaspoons margarine
 $\frac{1}{2}$ cup low fat buttermilk
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{4}$ teaspoon pepper
1 tablespoon all-purpose flour

Makes 7 portions, $\frac{1}{2}$ cup each

Per portion

Calories: 81
Carbohydrate: 16 grams
Protein: 2 grams
Fat: 1 gram
Saturated fat: 0
Cholesterol: 0
Sodium: 103 milligrams
Dietary fiber: 1 gram

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1. Preheat oven to 350°.
 2. Thinly slice potatoes and chop onion.
 3. Coat 2 quart microwavable, ovenproof baking dish with cooking spray. Place potatoes and onion in dish and dot with margarine. Cover with plastic wrap; microwave at high for 5 minutes.
 4. Combine buttermilk, salt, pepper, and flour in small bowl; mix well. Pour over potatoes.
 5. Bake, uncovered, 1 hour or until top is lightly browned and potatoes are tender.