

Scalloped Potatoes and Ham

Serves: 8



3 T. non-dairy margarine
1 medium onion, diced
2 T. flour
1-1/2 c. plain soy milk
Salt and pepper
2 lbs potatoes, peeled and cubed
1 lb baked ham, cubed
1 c. rice cheddar shreds



Preheat oven to 350 degrees F.

Coat casserole dish with cooking spray.

In a medium skillet, melt non-dairy butter over medium high heat. Add onions and stir until onions are translucent. Stir in flour and cook for 1 minute, stir in milk. Stir constantly for about 2 minutes while it thickens and bubbles. Season with salt and pepper and set aside.

Place a small amount of the white sauce on the bottom of the baking dish, top with half of potatoes, half of the ham, half of the cheese, half of the remaining sauce. Add remaining potatoes, ham, cheese and top with the rest of the sauce. Cover and bake for 45-60 minutes or until potatoes are tender.

Stir and serve.

Estimated Calories: 264 cal/serving