



Micro-Scalloped Potatoes

Serves 4 | Serving size: 1 cup

Ingredients Needed:

- 3 medium potatoes, peeled and sliced
- 1 teaspoon flour
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 teaspoons soft butter
- 1/4 cup low-fat Swiss cheese, shredded
- 1 cup fat-free milk

Directions:

1. Grease a 2-quart casserole dish (microwavable).
2. Cover the bottom of the dish with a layer of potatoes. Dot with some (about $\frac{1}{3}$) of the butter. Sprinkle with part of the flour, salt, and pepper. Repeat layering until all potatoes are used, about 2–3 layers.

3. Sprinkle cheese over top layer; pour milk over potatoes. Cover the dish with plastic wrap, tightly cover so plastic wrap doesn't touch food, then lift one corner to allow ventilation.
4. Microwave on high for 10–12 minutes.
5. Place under broiler 2–3 minutes to brown.