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## Scalloped Potatoes with Ham

### Ingredients:

- 6 medium potatoes, thinly sliced
- ¼ cup onion, finely chopped
- 4 ounces ham, cubed
- 2 Tablespoons butter
- 3 Tablespoons flour
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 2 ½ cups 1% milk
- vegetable oil spray

*Makes 4 servings - 21% calories from fat*

### Instructions:

1. Wash and thinly slice potatoes, chop onion, cut ham into cubes, and set aside.
2. In saucepan over medium heat, melt butter. With wire whisk stir in flour, salt and pepper. Cook 1 minute stirring constantly until smooth and bubbly. Gradually add milk cooking and stirring constantly until mixture is bubbly and thickened. Set aside.
3. Prepare a 2 quart casserole dish with vegetable oil spray. Add potatoes, onion, ham and white sauce folding gently to combine.
4. Heat oven to 350° F, cover casserole and bake 30 minutes, uncover and bake an additional 60 to 70 minutes or until potatoes are tender. Let stand 5-10 minutes before serving.

Nutrition Facts	
Serving Size 1 1/4 cup	
Servings Per Container 4 servings	
Amount Per Serving	
<b>Calories</b> 350	<b>Calories from Fat</b> 70
% Daily Value*	
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 620mg	<b>26%</b>
<b>Total Carbohydrate</b> 58g	<b>19%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 6g	
<b>Protein</b> 12g	
Vitamin A 4%	• Vitamin C 60%
Calcium 6%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300 mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



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