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## *Low Sodium Scalloped Potatoes*

*Serves 4*

### *Ingredients:*

vegetable-oil cooking spray  
2 cups, plus 2 TBSP milk  
1 tsp Better Than Bouillon-chicken or veg  
1/8 tsp freshly ground black pepper  
1 large yellow onion, sliced  
1/8 tsp ground nutmeg  
2 TBSP cornstarch  
3 russet potatoes, peeled and sliced as thinly as possible  
2 TBSP unsalted butter: optional

### *Preparation:*

1. Preheat the oven to 350°F. Coat an 8" square pan with cooking spray.
2. Combine 2 cups milk, bouillon, pepper, and nutmeg. Pour into a medium saucepan and heat to low boil. In a small bowl, combine remaining 2 tablespoons of milk and cornstarch; whisk slowly into boiling sauce and stir until thickened, about 2 minutes.
3. Place potato slices and onions in large bowl and toss with sauce. Layer potatoes and onions in the baking pan (dot with optional butter) and cover evenly with remaining sauce.
4. Cover and bake for 20 minutes, uncover and continue to bake another 20 minutes or until potatoes are soft. Cool 5 minutes before serving.



*Food Fairy Note:*

Adapted from: *Scalloped Potatoes*, The Food Fairy

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