

Au Gratin Potatoes with Squash

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Servings: 10

Yield: 3/4 cup per serving

2 tablespoons butter
2 tablespoons all-purpose flour
1 teaspoon salt
1/4 teaspoon pepper
1/8 teaspoon ground nutmeg
2 cans (12 ounce ea) evaporated milk
1 cup water
7 medium (about 2 pounds) potatoes,
peeled and sliced
4 cups (about 1 pound) butternut
squash, peeled and sliced
1/4 cup fresh chives, minced
2 cups (8 ounce) Swiss cheese,
shredded

Preparation Time: 30 minutes

Bake: 25 minutes

Preheat the oven to 400 degrees.

In a Dutch oven, melt the butter over medium heat. Stir in the flour, salt, pepper and nutmeg until smooth. Gradually whisk in the milk and water. Stir in the potatoes, squash and chives. Bring to a boil. Reduce the heat and simmer, uncovered, for 8 to 10 minutes or until the potatoes and squash are almost tender.

In a greased 13x9-inch baking dish, layer half of the potato mixture and one cup of cheese. Repeat the layers.

Bake, uncovered, for 25 to 30 minutes or until golden brown and the potatoes are tender. Let stand for 10 minutes.

Per Serving (excluding unknown items): 554 Calories; 13g Fat (19.7% calories from fat); 19g Protein; 102g Carbohydrate; 13g Dietary Fiber; 42mg Cholesterol; 382mg Sodium. Exchanges: 6 Grain(Starch); 1 Lean Meat; 0 Vegetable; 1/2 Non-Fat Milk; 2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	554	Vitamin B6 (mg):	1.3mg
% Calories from Fat:	19.7%	Vitamin B12 (mcg):	.5mcg
% Calories from Carbohydrates:	67.9%	Thiamin B1 (mg):	.8mg
% Calories from Protein:	12.4%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	13g	Folacin (mcg):	202mcg

Saturated Fat (g): 8g
Monounsaturated Fat (g): 4g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 42mg
Carbohydrate (g): 102g
Dietary Fiber (g): 13g
Protein (g): 19g
Sodium (mg): 382mg
Potassium (mg): 3045mg
Calcium (mg): 686mg
Iron (mg): 6mg
Zinc (mg): 3mg
Vitamin C (mg): 161mg
Vitamin A (i.u.): 53649IU
Vitamin A (r.e.): 5433RE

Niacin (mg): 10mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0 0%

Food Exchanges

Grain (Starch): 6
Lean Meat: 1
Vegetable: 0
Fruit: 0
Non-Fat Milk: 1/2
Fat: 2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories 554 **Calories from Fat:** 109

% Daily Values*

Total Fat 13g 20%
 Saturated Fat 8g 40%
Cholesterol 42mg 14%
Sodium 382mg 16%
Total Carbohydrates 102g 34%
 Dietary Fiber 13g 52%
Protein 19g

Vitamin A 1073%
Vitamin C 269%
Calcium 69%
Iron 31%

* Percent Daily Values are based on a 2000 calorie diet.