

Pork Chops and Scalloped Potatoes

Arlene Borg - Grammy Guru
Hometown News

Servings: 4

Use two pork chops per person.

8 pork chops, trimmed of all visible fat

6 medium potatoes

1 medium onion

salt and pepper

3 -4 heaping tablespoons flour

Milk, regular, low-fat or skim

In a skillet sprayed with cooking spray, brown the pork chops. Brown well. Set aside. Drain any fat.

Add the milk to the pan. Scrape up any browned drippings from the pork chops. Remove from the heat. Set aside.

Preheat oven to 350 degrees.

Peel the potatoes and cut into thin slices.

Halve the onion and cut into thin slices.

Place in an aerosol-sprayed casserole dish in three layers. Layer the chops, then the potatoes, then the onions. Sprinkle with the salt, pepper and flour. Continue the layering, ending with potatoes.

Add the reserved milk until it comes almost to the top of the potatoes.

Cover and bake until the milk is absorbed and the potatoes are fork tender, 1 hour to 1 hour and 15 minutes. Remove the cover for the last 15 minutes for browning.

Per Serving (excluding unknown items): 960 Calories; 31g Fat (29.2% calories from fat); 60g Protein; 107g Carbohydrate; 6g Dietary Fiber; 147mg Cholesterol; 131mg Sodium. Exchanges: 7 Grain(Starch); 7 Lean Meat; 1/2 Vegetable; 2 Fat.