

# **Scalloped Potatoes with Ham**

Arlene Borg - Grammy Guru  
Hometown News

**Servings: 4**

**6 medium potatoes**

**1 medium onion**

**baked Virginia ham, cut into bite-size pieces**

**salt and pepper**

**3 -4 heaping tablespoons flour**

**4 tablespoons butter or butter substitute**

**Milk, regular, low-fat or skim**

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 baking dish in three layers. Start with the potatoes, then the ham, then the onions. Sprinkle with the salt, pepper and flour. Dot with butter. Continue the layering, ending with potatoes.

Add 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.

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Per Serving (excluding unknown items): 496 Calories; 1g Fat (2.1% calories from fat); 14g Protein; 107g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 14mg Sodium. Exchanges: 7 Grain(Starch); 1/2 Vegetable.