Cornell University
Cooperative Extension

173 South Grand Street
Cobleskill, New York 12043
t. 518.234.4303
t. 518.296.8310
f. 518.234.4305

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

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	
Calories 350	Calories from Fat 70
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 4g	**20%**
Trans Fat 0g	
Cholesterol 30mg	**10%**
Sodium 620mg	**26%**
Total Carbohydrate 58g	**19%**
Dietary Fiber 5g	**20%**
Sugars 6g	
Protein 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

21% calories from fat

Source: Cornell Cooperative Extension of Schoharie County. February 2009

Eat Smart New York
ESNY

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities.

USDA's Food Stamp Program and Expanded Food and Nutrition Education Program funded this material.

EFNEP