



Carrots au Gratin

Ingredients:

- 5 tablespoons butter
- 1 ½ cups milk made from nonfat dry milk powder
- 1 ½ cups flaked cereal, crushed to ¾ cup
- 4 ounces Cheddar cheese, grated
- 2 cans (15 ounces each) sliced carrots
- 1/3 cup finely chopped onion
- 3 tablespoons all-purpose flour
- 1 teaspoon salt
- 1/8 teaspoon pepper



Shopping List:

- butter
- nonfat dry milk powder
- flaked cereal
- Cheddar cheese
- canned carrots
- onion
- flour
- salt
- pepper
- nonstick cooking spray

Equipment:

- cheese grater
- measuring cup and spoons
- cutting board
- knife
- large saucepan
- mixing spoon
- small bowl
- 1 ½ quart casserole dish



Directions:

1. Melt 2 tablespoons butter in saucepan. Combine with flaked cereal in a small bowl and set aside for topping.
2. Melt remaining 3 tablespoons butter in saucepan over low heat. Add onion and cook, stirring often, until onion is soft.
3. Stir in flour, salt, and pepper.
4. Add milk gradually, stirring until smooth. Increase heat to medium and cook until bubbly and thickened, stirring constantly.
5. Add cheese, stirring until melted.
6. Remove from heat and stir in carrots.
7. Spread mixture in casserole dish lightly coated with nonstick cooking spray.
8. Sprinkle cereal mixture evenly over top.
9. Bake at 350°F for 20 minutes.

This recipe takes 15 minutes plus 20 minutes to bake. Makes 8 servings at about \$0.50 per serving.



Nutrition Notes:

INGREDIENT	SUBSTITUTION
Baking powder (1 tsp.)	Baking soda (1/3 tsp.) plus ½ tsp. cream of tartar
Bread crumbs (1/3 cup dry)	1 slice of bread
Broth, beef or chicken (1 cup)	1 bouillon cube dissolved in 1 cup water
Butter	Margarine
Buttermilk (1 cup)	Plain yogurt (1 cup) plus vinegar (1 Tbs.)
Corn starch (1 Tbs.)	All-purpose flour (2 Tbs.)
Egg (1 whole)	Egg whites (2)
Flour, cake (1 cup sifted)	1 cup minus 2 Tbs. sifted all purpose flour

Nutrition Facts

Serving Size 1/2 cup
 Servings Per Container 8

Amount Per Serving		Calories from Fat 110	
		% Daily Value*	
Calories 190			
Total Fat 12g			19%
Saturated Fat 8g			38%
Cholesterol 35mg			12%
Sodium 720mg			30%
Total Carbohydrate 15g			5%
Dietary Fiber 2g			9%
Sugars 7g			
Protein 6g			
Vitamin A 220%	•	Vitamin C 10%	
Calcium 20%	•	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.

Total Fat	Calories: 2,000	2,500
Saturated Fat	Less than 65g	80g
Cholesterol	Less than 30g	25g
Sodium	Less than 300mg	300mg
Total Carbohydrate	Less than 2,400mg	2,400mg
Dietary Fiber	30g	37g
	25g	30g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4