



Potato Tot Casserole

Servings 9 | Prep time 20 mins. | Total time 1 hour 10 mins.

Equipment: Baking Dish, Large Frying Pan, Measuring Cups and Spoons

Utensils: Stirring Spoon

Ingredients

Non-stick spray

1 tablespoon butter

1 tablespoon olive or vegetable oil

5 cloves garlic, pressed or minced or 1

tablespoon garlic powder

1 yellow onion, diced

8 ounces white button mushrooms, sliced

3 cups, or 1 12 ounce package frozen vegetable mix

1 teaspoon salt

1/2 teaspoon black pepper

2/3 cup low-fat milk

2 tablespoons all-purpose flour

1 cup shredded low-fat cheese

1 pound (16 ounces) frozen potato tots

Instructions

1. Before you begin, wash your hands, surfaces, and utensils.
2. Preheat the oven to 400 degrees. Spray a 9x13 baking dish with non-stick spray and set aside.
3. Heat the butter and oil in a large frying pan over medium heat. Add the garlic and onion, cook for 3 or 4 minutes until onions become translucent, then add the sliced mushrooms. Cook, stirring occasionally, for 5-7 minutes or until the mushrooms have cooked down. Add the frozen mixed vegetables and cook for another 7-9 minutes until melted water from frozen vegetables has mostly evaporated. Season with salt and pepper.
4. Pour milk into the frying pan and add flour. Stir constantly until the mixture starts to thicken.
5. Remove from heat and transfer to the baking dish. Top with the shredded cheese. Arrange frozen potato tots in an even layer on top of cheese and vegetables.
6. Place baking dish in the oven and cook for 50-60 minutes, or until the cheese starts to bubble and the potato tots are slightly browned.

Nutritional Information:

Calories 220

Total Fat 9g

Sodium 610mg

Total Carbs 24g

Protein 12g