

Side | Snack | Breakfast

Extra-Cheesy Scalloped Potatoes

Side Effect: Weight Loss/Low Appetite

20 Mins
Prep Time

30 Mins
Cook Time

6-8
Servings

676 Calories **44g** Fat **51g** Carbs **19g** Protein



Ingredients

6-8 Servings **50** Mins Total Time **Allergens: Dairy**

1 ½ Tbsp Unsalted Butter, cut into pieces, plus more for brushing

½ Clove Garlic

½ Cup Shredded Mozzarella Cheese

½ Cup Shredded Asiago Cheese

2 lbs Russet Potatoes, **peeled, washed thoroughly** and sliced ¼ inch thick

1 ¼ Tsp Salt

Pepper, to taste

2 Cups **Pasteurized** Heavy Cream

¼ Tsp Ground Nutmeg

4 Bay Leaves

¼ Cup Grated Parmesan Cheese

Allergen Swap

Dairy Replace cheese and butter with dairy-free versions; there is no replacement for heavy cream.

Nourishment Note



Nutmeg

Nutmeg is a spice and may act as an anti-nausea reducer. It also contains antioxidants to help protect healthy cells.



Full-Fat Dairy

Full-fat dairy products, such as cheese, cream, and whole milk, are high in calories. A high-calorie diet may be necessary if unwanted weight-loss is occurring. Dairy also provides important nutrients such as calcium, potassium, and vitamin D.

Instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. Preheat Oven & Coat Skillet with Butter & Garlic

Preheat oven to 425°F. Using a piece of butter, generously rub the inside of the skillet, evenly coating the bottom and sides. Rub the garlic clove over the inside of the skillet.

3. Heat Skillet

Heat the skillet over medium-high heat.

4. Combine Cheese

Combine the mozzarella and asiago cheese in a mixing bowl.

5. Cook Potatoes

To the heated skillet, spread half the potatoes to evenly cover the bottom of the skillet. Sprinkle $\frac{3}{4}$ teaspoon salt over the potatoes, half the cut-up butter, half the cheese mixture, and pepper, to taste. Layer the remaining potatoes.

6. Add Cream & Seasoning

Pour the cream over the potatoes. Sprinkle the nutmeg, bay leaves, and remaining butter pieces. Allow to simmer for 3-4 minutes.

7. Add Remaining Cheese

Sprinkle the remaining cheese mixture and parmesan cheese over the dish.

8. Transfer Skillet to Oven

Using an oven-mitt, carefully transfer the skillet to the pre-heated oven. (If you don't have an oven-proof skillet, transfer the potatoes to a buttered 9x13 inch baking dish.)

9. Bake & Serve

Bake until the cheese is golden and bubbly, about 25 minutes. Allow to rest for 5 minutes before serving. Discard the bay leaves before consuming.

10. Store

Refrigerate potatoes after 2 hours. Cheesy potatoes will keep in the fridge in an air-tight container for up to 2 days.

11. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

What You'll Need



Vegetable Peeler



Cutting Board



Knife



Measuring Cups



Measuring Spoons



Mixing Bowl



Spoon



Oven-Proof Skillet



Oven Mitt

Fatigue Buster

- Have a friend or family member help prepare the dish when energy levels are extra low.

Recipe adapted from: [foodnetwork.com](https://www.foodnetwork.com)