

Side | Snack | Breakfast

# **Extra-Cheesy Scalloped Potatoes**

**Side Effect: Weight Loss/Low Appetite** 

**20 Mins Prep Time** 

30 Mins **Cook Time** 

**Servings** 

676 Calories

44g Fat 51g Carbs

19g Protein



## **Ingredients**

6-8 Servings

50 Mins Total Time



Allergens: Dairy

1½ Tbsp Unsalted Butter, cut into pieces, plus more for brushing



- 1/2 Clove Garlic
- 1/2 Cup Shredded Mozzarella Cheese 🔰



2 lbs Russet Potatoes, peeled, washed thoroughly and sliced 1/8 inch thick

1 1/4 Tsp Salt

Pepper, to taste

2 Cups Pasteurized Heavy Cream (1)

4 Bay Leaves

1/4 Cup Grated Parmesan Cheese 🖤

1/4 Tsp Ground Nutmeg 🖤



## **Nourishment Note**



#### Nutmeg

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

## **(7)** 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.

#### **Allergen Swap**

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



## Instructions

#### 1. Wash Hands

Wash hands with soap and water.

#### 2. Preheat Oven & Coat Skillet with Butter & Garlic

Preheat oven to  $425\,^{\circ}$ 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 <sup>3</sup>/<sub>4</sub> 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 preheated 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.

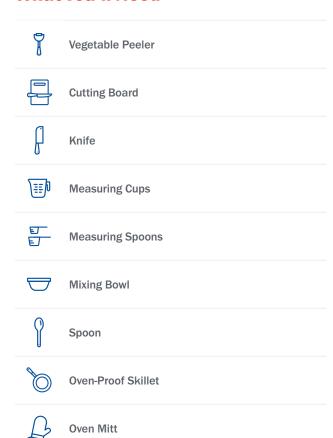
#### 10. Store

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

#### 11. Wash Hands

Wash hands with soap and water.

## What You'll Need



#### **Fatigue Buster**

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

Recipe adapted from: foodnetwork.com