



# RECIPES

## Vegetables Au Gratin

### INGREDIENTS:

- 4 large red potatoes (1 ½ pounds), sliced
- ¾ pound fresh green beans, ends snapped
- 1 pound yellow squash, sliced
- Salt and pepper to taste
- 2 cups shredded reduced fat sharp Cheddar cheese
- 1 cup frozen green peas, thawed
- 2 cups skim milk
- 1/3 cup all-purpose flour

### INSTRUCTIONS:

1. Preheat the oven to 350 degrees
  2. Cook potatoes, green beans, and squash in a little water in microwave or on stovetop until tender.
  3. Spread the potatoes in the bottom of a 2-quart oblong casserole coated with nonstick cooking spray and sprinkle with salt and pepper and one cup of cheese. Top with green beans. Layer squash and peas on top.
  4. In a small pot combine milk and flour, stirring, over medium heat until thickened. Pour evenly over the top of the layered veggies. Sprinkle with remaining 1 cup cheese.
  5. Bake for 20 minutes or until heated through
- Makes 4-6 servings

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