

Bacon 'n Cheddar Scalloped Potatoes

Choose old or extra old cheddar for a sure-fire kick of great cheddar flavour. Look for double smoked bacon for an extravagant smokey flavour for the potatoes.

10 slices bacon
1 onion, thinly sliced
2 tbsp (25 mL) butter
2 tbsp (25 mL) all-purpose flour
2 1/4 cups (550 mL) warm milk
1 1/2 cups (375 mL) shredded old cheddar cheese
2 tbsp (25 mL) chopped fresh chives
1/2 tsp (2 mL) salt
1/4 tsp (1 mL) pepper
2 lb (1 kg) round red or white or long or Yukon Gold Ontario Potatoes (about 5), scrubbed
1/2 cup (125 mL) sour cream (optional)



In large nonstick skillet, cook bacon over medium high heat for about 8 minutes, turning once or until crispy. Remove to paper towel lined plate. Drain all but 1 tbsp (15 mL) of the bacon fat from skillet. Return skillet to medium heat and cook onion for about 5 minutes or until softened. Set aside.

In saucepan melt butter over medium heat and add flour and cook, stirring for 1 minute. Whisk in milk and cook, whisking constantly for about 5 minutes or until beginning to boil and thicken. Remove from heat and whisk in cheese, chives, salt and pepper until smooth; set aside.

Peel and thinly slice potatoes. Arrange one third of the slices into greased 8-inch (2 L) square baking dish. Spread with half each of the bacon and onion. Repeat layers once and layer remaining potato slices on top. Pour cheese sauce over top and around sides to cover evenly and reach bottom of dish.

Cover with foil or lid and bake in 375°F (190°C) for 1 hour. Uncover and bake for 20 minutes or until lightly browned and potatoes are tender. Let stand 5 minutes before serving. Dollop each piece with sour cream to serve.

Makes 6 servings.

Per serving: 410 calories, 17 g protein, 22 g fat, 37 g carbohydrates, 3 g fibre, 690 mg sodium, 730 mg potassium. Good Source of Vitamin B12, Source of Vitamins B1, B2 and B3, Source of Vitamin C, Source of Calcium and Folate.