



## Crunchy Potato Casserole

2 cups corn flakes (crushed)  
 2 pounds potatoes (peeled, grated)  
 ¼ cup butter (melted)  
 ¼ tsp. black pepper  
 1 onion (chopped)  
 1 10-ounce can cream of chicken soup  
 ¾ cup fat-free sour cream  
 1 cup low-fat cheddar cheese (shredded)

Total Calories 240  
 Total Fat 7 g  
 Protein 8 g  
 Carbohydrates 35 g  
 Dietary Fiber 3 g  
 Saturated Fat 3 g  
 Sodium 340 mg  
 Total Sugars 4 g

### PREPARATIONS

1. Heat oven to 350 F.
2. Combine potatoes, butter and black pepper in a large bowl.
3. Add onion, soup, sour cream and cheese. Mix well.
4. Pour mixture into a 13-by-9-inch baking dish and sprinkle with corn flake crumbs.
5. Bake for 45 minutes.

This article is intended for informational purposes only and is not intended to be exhaustive, nor should any discussion or opinions be construed as professional advice. Readers should contact a health professional for appropriate advice.