



# Cheesy Potato Gratin Muffins

22

12 Servings

## Ingredients

cooking spray  
2 tablespoons unsalted butter  
3 cloves garlic, minced  
2 tablespoons all-purpose or whole wheat flour  
 $\frac{3}{4}$  cup low-fat milk  
 $\frac{1}{2}$  cup freshly grated Parmesan cheese  
salt and ground black pepper to taste  
2 large potatoes, peeled and thinly sliced

Preparation time: 10 minutes

Cook time: 35 minutes

Ready in: 45 minutes

## Directions

1. Preheat oven to 400 degrees F. Spray 12 muffin cups with cooking spray or grease with butter, line the bottom of each muffin pan with thin potato slices.
2. Heat butter in a saucepan over medium heat. Cook and stir garlic in the melted butter, about one minute. Add flour to garlic mixture; cook and stir until mixture is smooth and thickened, about two minutes.
3. Slowly pour milk into flour-butter mixture while continuously stirring with a whisk until sauce is smooth and thickened, about five minutes. Remove saucepan from heat and stir Parmesan cheese into sauce until cheese melts from the heat of the sauce; season with salt and pepper.
4. Place potatoes in the prepared muffin cups and spoon sauce over the potatoes.
5. Bake in the preheated oven until potatoes are tender, about 25 minutes.

## Nutritional Information

Calories: 92

Protein: 3.2 g

Fat: 3 g

Carbohydrate: 12.8 g

Fiber: 1.5 g

Cholesterol: 8 mg

Sodium: 88 mg