

CP'S CHEESY SCALLOPED POTATOES



MAKES:
6 SERVINGS

SERVING SIZE:
1 cup (200g)

**CALORIES
PER SERVING**

195kcal

P 15g

C 27g
NET CARBS: 27g

F 4g

**PREP AND
COOK TIME:**



**PREP TIME
10 MINUTES**



**COOK TIME
55 MINUTES**



**TOTAL TIME
>60 MINUTES**

EQUIPMENT NEEDED:



Blender or food processor



Mandoline or sharp knife



Baking Dish



Foil



Oven or air fryer oven



INGREDIENTS:

Dry Ingredients:



1/2 tsp (2g)
garlic powder



1/2 tsp (2g)
onion powder



2 tbsp (10g)
nutritional yeast



2 tbsp (15g)
white cheddar cheese powder



1/4 tsp (1g)
salt



Pinch black pepper



Wet Ingredients:



1.5 lb (680g) Yukon gold or russet potatoes, thinly sliced



1.5 cups (340g) low-fat cottage cheese



1/2 cup (132g) egg whites



1/2 cup (56g) reduced-fat shredded cheddar cheese

INSTRUCTIONS:

1 Preheat oven to 375°F (190°C). Lightly spray a 9x9" baking dish with cooking spray.



2 Slice the potatoes: Use a food processor, mandoline or sharp knife to thinly slice the potatoes (~1/8" thick).

3 Make the cheesy protein sauce: In a blender, combine the cottage cheese, egg whites, nutritional yeast, cheddar cheese, cheese powder, seasoning blend, salt, and pepper. Blend until smooth and creamy.



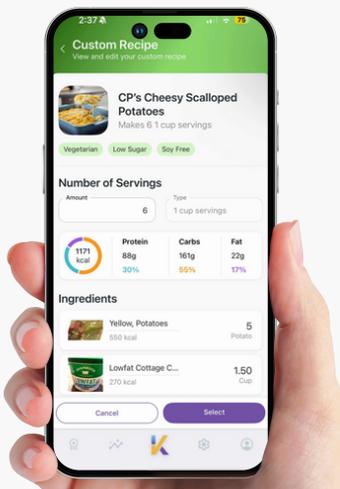
4 Layer: Add a layer of potatoes, spoon over the cheese mixture, and repeat until all ingredients are used.

4 Top with shredded cheddar. Bake covered with foil for 40 minutes. Remove foil and bake uncovered for 15 minutes, until golden and bubbly.

6 Let rest for 5 minutes before slicing and serving.



MAKES 6 SERVINGS
RECIPE TOTAL COST: \$5.50



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KEPT
with Chris Powell™

COMPARISON TO TRADITIONAL SCALLOPED POTATOES:

Category	CP's Cheesy Scalloped Potatoes	Traditional Scalloped Potatoes
Calories	195 kcal	360 kcal
Protein	15g	8g
Carbs	27g	35g
Fat	4g	18g
Net Carbs	27g	39g
Cost per serving	\$0.92	\$1.35