

Potato and Cheese Casserole

5 potatoes, sliced

1 onion, sliced

2 cups fat free sharp cheese

1 garlic clove chopped

1 tsp Mrs. Dash,

1 cup 1 percent milk

Heat oven to 350 degrees. Place half of the sliced potatoes in a dish. Add half of the onion.

Sprinkle 1 cup of the cheese. Repeat.

Mix milk, Mrs. Dash and garlic in a bowl. Pour over potatoes.

Bake for 45 minutes.