

# Carrots au Gratin

*From: Kellogg's Cornflakes box*

¾ cup corn flake crumbs  
5 Tbsp butter  
½ cup chopped onion  
3 Tbsp all-purpose flour  
½ tsp salt  
¼ tsp pepper  
1 ½ cups fat-free milk  
1 cup (4 oz) low fat shredded American cheese  
4 cups sliced carrots, cooked and drained (about 1 ½ lbs)  
1 Tbsp parsley flakes

- Preheat oven to 350 degrees.
- In large saucepan, melt butter over low heat.
- Remove 2 Tbsp and mix with corn flake crumbs. Set aside for topping.
- Add onion to remaining butter in pan.
- Cook, stirring frequently, until onion is softened but not browned.
- Stir in flour, salt and pepper.
- Add milk gradually. Stir until smooth. Increase heat to medium and cook until bubbly and thickened, stirring constantly.
- Add cheese, stirring until melted. Remove from heat.
- Stir in carrots and parsley flakes.
- Spread mixture into a 10 x 6 x 2-inch (1 ½ qt) glass baking dish coated with cooking spray.
- Sprinkle cereal mixture evenly over top.
- Bake for 20 minutes or until thoroughly heated.
- Remove from oven.
- Let stand about 5 minutes before serving.



For more recipes visit us at  
[www.HealthyHarvestFarmCSA.com](http://www.HealthyHarvestFarmCSA.com)