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# Cheese Scalloped Carrots

*Evelyn Northmore*

*Nettles Island Cooking in Paradise - 2014*

**12 medium carrots, sliced and cooked**

**2 cups shredded Cheddar cheese**

**1/2 cup onions**

**1/4 cup butter**

**1/4 cup flour**

**1 teaspoon salt**

**1/4 teaspoon dry mustard**

**1/8 teaspoon pepper**

**2 cups milk**

**1 cup buttered bread crumbs**

In an ungreased two-quart casserole dish, alternate layers of carrots and cheese.

Saute' the onions in butter until tender. Stir in the flour, salt, mustard and pepper. Heat to a boil, stirring constantly for 1 minute. Remove from the heat and gradually stir in the milk. Heat to boiling over low heat, stirring constantly for a minute or two. Pour sauce over each layer of the carrots. Sprinkle the top of the casserole with buttered bread crumbs.

Bake in the oven at 350 degrees for 45 minutes.

## Side Dishes

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*Per Serving (excluding unknown items): 2134 Calories; 139g Fat (57.6% calories from fat); 86g Protein; 144g Carbohydrate; 28g Dietary Fiber; 428mg Cholesterol; 4547mg Sodium. Exchanges: 1 1/2 Grain(Starch); 8 Lean Meat; 18 1/2 Vegetable; 2 Non-Fat Milk; 22 Fat.*