Dinner Tonight!
Slow Cooker Ham and Potato Au Gratin

12 slices lean ham
6 large red potatoes, peeled and sliced
1 green bell pepper, sliced
1 medium yellow onion, sliced
20 baby carrots, sliced
2 Tablespoons olive oil
1 teaspoon black pepper

Preheat slow cooker on low. Use olive oil to grease the inside of slow cooker to prevent sticking. Cut up ham into bite-size pieces. Layer ingredients in slow cooker in the following order: potatoes, carrots, ham, green pepper, onion, and repeat until all ingredients are used. Add black pepper to top, if desired. Cover slow cooker and let simmer on low for 2 to 3 hours.

Preparation Time: 15 minutes
Cook Time: 2 to 3 hours on low
Yield: 8 servings

Nutrition facts per serving:
Calories: 210
Total Fat: 5 g
Cholesterol: 25 mg
Sodium: 570 mg
Total Carbohydrate: 31 g
Protein: 11 g

Serve with: tossed salad, fruit cup, or green vegetable of your choice.