

Ham and Broccoli Casserole

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Serves 5 – You can reduce points by using light butter and reduced fat cheese

Blue – 9 points

Purple – 7 points

Green – 9 points

- 4 oz whole wheat noodles
- 12 oz broccoli steamed
- 1 Tbsp butter
- 1/4 cup flour
- 2 cups 1% milk
- 1/4 tsp dry mustard
- 1 Tbsp finely minced onion
- dash salt and pepper
- 4 oz cheddar cheese, grated
- 8 oz cooked lean ham, diced

1. Cook noodles as directed on package. Drain and rinse.
2. Cut broccoli into bite sized pieces.
3. In a saucepan, melt butter over medium heat. Add onions and cook for about 1 minute. Add flour, dry mustard, salt and pepper. Stir and cook constantly for 1 minute. Add milk slowly, stirring constantly. Cook over medium-

high heat until thick and smooth.

4. Add cheese and stir until melted.
5. In a large bowl, lightly combine noodles, ham, broccoli and sauce. Pour mixture into greased 11×7 casserole.
6. Bake at 375° for 20-25 minutes or until casserole is bubbly and heated through.

Main Course
Casserole
broccoli, ham