

Potato and Ham Bake

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Adapted from Kim at www.agirlandherphone.net

Serves 6

Blue – 4

Purple – 2

Green – 4

- 1 pound frozen cubed hashbrowns, thawed
- 1 can cream of chicken soup – or one serving of my homemade – see below
- 1/2 cup fat free sour cream (if you use light it adds 1 point)
- 1/2 cup plain, non fat Greek yogurt
- 8 slices Canadian bacon, diced
- 1/8 cup onion, minced fine
- 4 oz Cabot 75% reduced fat cheese, shredded

1. If using homemade soup mix – make 1 recipe worth of soup
2. In a medium bowl, mix soup, yogurt and sour cream
3. Stir in hashbrowns, onions, Canadian bacon and most of the cheese.
4. Pour into a 9×9 baking dish that has been sprayed with non stick spray. Top with the remaining cheese.

5. Bake at 350 for 30 minutes or until heated through and the cheese has melted.
6. Cut into 6 servings
7. Here is the recipe I use for Cream of Chicken Soup
https://joanspointedplate.com/cream-of-whatever-soup-mix
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