

Ham and Cauliflower Casserole

Jean Wagoner

The Pennsylvania State Grange Cookbook (1992)

Servings: 4

*1 package (10 ounce)
frozen cauliflower
1 cup cooked ham,
chopped
1 tablespoon butter
1 tablespoon flour
1/2 teaspoon salt
1/8 teaspoon pepper
3/4 cup milk
1/4 cup crushed crackers
1 to 2 tablespoons grated
Parmesan OR American
cheese*

Preheat the oven to 350 degrees.

In a saucepan, cook the cauliflower according to package directions. Drain. Place in a buttered one-quart baking dish. Sprinkle with the ham.

In a saucepan, melt the butter. Stir in the flour, salt and pepper. Add the milk gradually. Cook over low heat until thickened and smooth, stirring constantly. Pour over the ham and cauliflower. Sprinkle with the cracker crumbs and cheese.

Bake for 30 minutes or until golden.

Per Serving (excluding unknown items): 130 Calories; 8g Fat (55.5% calories from fat); 8g Protein; 6g Carbohydrate; 1g Dietary Fiber; 33mg Cholesterol; 771mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 1 Fat.