

Mac, Ham and Cheese

This is grown up Mac and Cheese. The dijon mustard in this recipe adds a nice bite. The Kerrygold Dubliner Cheddar adds a sharp flavor and together it's a flavor you are going to love. The best time to make Mac, Ham and Cheese is when you have leftovers from a holiday ham. The bits of ham left on the bone or your platter are perfect for this recipe. I store leftover ham in the freezer and then I can make this dish any old time. Feel free to add something green like spinach or kale to health it up.

1 pound	macaroni, cooked al dente, drained	¼ tsp	salt or to taste
¼ cup	butter	¼ tsp	white pepper
1 small	onion, diced	2 cups	Kerrygold Dubliner cheese, shredded (or white cheddar)
½ cup	flour	¾ cup	chopped ham
3 cups	milk	2 cups	fresh baby spinach leaves (optional)
2 Tbs	dijon mustard	¼ cup	bread crumbs
1 dash	nutmeg		

- 1 Boil water for macaroni and begin to cook the pasta until al dente. Do not overcook. Drain macaroni and place in a 2 ½ quart casserole.
- 2 Make White Sauce: While water is heating up, melt butter in a large saucepan over low heat. Add onions and cook until translucent, about 8 minutes. Stir in flour and cook for a few minutes until all the flour is covered in fat and cooked in. It will look like a ball. Gradually whisk in the milk, mustard, nutmeg, salt and white pepper. Whisk mixture until it begins to thicken. Use a rubber scraper to scrape the corners and the bottom of the pan for about 10 minutes. Add the white sauce along with cheddar cheese, ham bits and optional spinach. Mix all ingredients in the casserole dish, wipe off edges
- 3 Sprinkle bread crumbs over the top. Bake at 400 degrees for 20 minutes or until lightly browned and bubbly.

Servings: 6

Preparation Time: 5 minutes

Cooking Time: 38 minutes

Total Time: 43 minutes

Nutrition Facts

Nutrition (per serving): 656 calories, 223 calories from fat, 25.3g total fat, 79.3mg cholesterol, 722.8mg sodium, 545.6mg potassium, 75.7g carbohydrates, 3.5g fiber, 9.3g sugar, 30.1g protein.

Source

Author: Patricia K. Rose, February 2014

