

# Ham and Cheese Puffs

*Christopher Cox*

*Port St Lucie Elementary Family Recipe Book*

*1 1/2 cups water  
1 cup flour  
4 eggs  
1/2 cup cheese, shredded  
1/2 cup margarine  
1/2 teaspoon mustard  
4 ounces ham, cut in pieces*

Preheat the oven to 325 degrees.

Grease and flour a large cookie sheet.

In a two-quart saucepan over medium heat, heat the butter and water until melted and boiling. Remove from the heat. Stir in the flour and mustard, all at once, boiling vigorously. Add the eggs, one at a time, beating well after each addition until smooth.

Mix the ham and cheese into the batter. Drop the batter in small mounds 2" apart.

Bake about 30 minutes or until golden brown.

Turn the heat off. Leave in the oven for 15 minutes.

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Per Serving (excluding unknown items): 1771 Calories; 124g Fat (63.5% calories from fat); 59g Protein; 102g Carbohydrate; 4g Dietary Fiber; 913mg Cholesterol; 2884mg Sodium. Exchanges: 6 1/2 Grain(Starch); 6 Lean Meat; 20 1/2 Fat; 0 Other Carbohydrates.