

Pork

Cauliflower-Ham Bake

Better Homes and Gardens All-Time Favorite Casseroles

Servings: 6

1 large head cauliflower
2 tablespoons butter
3 tablespoons all-purpose flour
1 1/2 cups milk
1 1/2 cups (6 oz) sharp American cheese, shredded
2 cups fully cooked ham, cubed
1 can (4 oz) mushroom stems and pieces, drained
1/4 cup dry bread crumbs
1 tablespoon butter, melted

Preheat oven to 350 degrees.

Break cauliflower into flowerets (about five cups); cook in boiling salted water until tender, about 10 minutes.. Drain thoroughly; set aside.

In a saucepan, melt butter. Stir in flour; add milk all at once. Cook and stit until thickened and bubbly. Add cheese and stir until melted. Stir in cauliflower, ham and mushrooms.

Place mixture in a 2-quart casserole. Combine bread crumbs and melted butter; sprinkle over top of casserole.

Bake, uncovered, until heated through, about 3- too 35 minutes.

Per Serving (excluding unknown items): 127 Calories; 8g Fat (56.5% calories from fat); 4g Protein; 10g Carbohydrate; 1g Dietary Fiber; 24mg Cholesterol; 133mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat.