
Ham and Potato Bake

Bonnie Welch and Deanna White

Kitchen Keepsakes - Castle Rock, CO - 1989

Servings: 6

2 tablespoons onion, chopped

1/2 cup margarine

1/2 cup flour

1 teaspoon salt

1/2 teaspoon dry mustard

pepper

1 1/2 cups milk

2 cups cheddar cheese, grated

1/2 pound ham, cut into cubes or 1/8 inch slices

6 cups cooked potato, sliced

In a saucepan, saute' the onion in margarine. Blend in the flour and seasonings. Gradually add the milk, stirring constantly until thickened.

Add 1-1/2 cups of cheese. Stir until melted. Toss the potatoes in the cheese sauce. Layer the potato mixture and ham in a buttered casserole dish.

Bake, uncovered, at 350 degrees for 30 minutes.

Top with the remaining 1/2 cup of cheese. Return the casserole to the oven until the cheese is melted.

Pork

Per Serving (excluding unknown items): 434 Calories; 34g Fat (70.2% calories from fat); 19g Protein; 13g Carbohydrate; trace Dietary Fiber; 70mg Cholesterol; 1296mg Sodium. Exchanges: 1/2 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 5 1/2 Fat.