

# Ham n' Cheese Pasta with Vegetables

- Remix your holiday ham leftovers into this simple and delicious ham and cheese pasta dish!
- For a balanced meal, add broccoli, cauliflower, shredded carrots, mixed vegetables or green peas.
- Use diced TEFAP ham in place of holiday ham leftovers.
- Before draining the cooked pasta, save some of the pasta water. The starch from the water helps to make the cheese sauce thick and creamy.

## Nutrition Facts

5 servings per container

**Serving size** 1 1/2 cups

Amount per serving

**Calories** **440**

**% Daily Value\***

**Total Fat** 10g **13%**

Saturated Fat 4g **20%**

*Trans Fat* 0g

**Cholesterol** 45mg **15%**

**Sodium** 580mg **25%**

**Total Carbohydrate** 67g **24%**

Dietary Fiber 0g **0%**

Total Sugars 6g

Includes 0g Added Sugars **0%**

**Protein** 30g

Vitamin D 0mcg **0%**

Calcium 187mg **15%**

Iron 3mg **15%**

Potassium 643mg **15%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# Ham n' Cheese Pasta

Servings: 5      Prep Time: 30 minutes or less



## Ingredients:

- 1 pound (or 1 box) whole grain pasta (like, rotini, bow ties, penne, or elbows)
- 1–2 cups vegetable (broccoli, cauliflower, peas, carrots)
- 1 Tablespoon unsalted butter
- 2 cups of leftover ham, diced
- 1/2–1 cup low fat milk
- 1/2–1 cup shredded cheese (any kind: cheddar, mozzarella, pepper jack, Italian blend, Mexican blend, etc.)
- 1/2 cup pasta water, keep from cooked pasta
- Black pepper, to taste

## Directions:

1. Cook pasta according to package directions. Add 1 Tablespoon of salt to the boiling water. Add vegetables to the cooking pasta during the last 3 minutes of cook time. **\*Use a ladle or measuring cup to save 1 cup of pasta water before straining\*** Place pasta back in the pot after straining.
2. While pasta cooks, dice ham and measure milk, cheese and butter.
3. Add the butter to a medium hot pan. When melted, add the diced ham.
4. Stir ham occasionally for about 5 minutes, until the sides of the ham starts to brown.
5. Pour half of the pasta water to the pan of ham and scrape up the bits off the bottom of the pan. Add the milk and shredded cheese. Mix until melted. Add more pasta water only if the sauce is too thick.
6. Pour sauce over the pasta and mix together. Add black pepper to taste.

Recipe Inspired by:

Jo Cooks

Modified by:

Kristen Elliott, RDN, LD