

Hot Ham and Noodles

A favorite cheesy casserole for kids.

Serves 4

 Level: Medium

Ingredients:

- 2 cups cooked egg noodles
- 1 cup cooked ham, diced
- 1/2 cup cheddar cheese, shredded
- 1 can (10.75 ounce) condensed cream of mushroom soup
- 3/4 cup low fat milk (fill soup can 1/2 full)



Directions:

Remember to wash your hands!

1. Preheat oven to 375 degrees.
2. Combine all ingredients in a large mixing bowl. Lightly coat a 9x9- inch pan or a 2 1/2- to 3-quart casserole dish with cooking spray and pour in mixture.
3. Bake for 25 to 30 minutes or until hot and bubbly.

This casserole can be cooked in the microwave. Use a microwave-safe dish. Cover and microwave on medium power (50%) for 8 to 9 minutes; stir. Microwave, uncovered, on medium until hot and bubbly, 3 to 4 minutes more.



Helpful Hints: One-dish meals or casseroles are a great way to combine leftovers. Actually some people call these "planned-overs!" This recipe combines meat, noodles and cheese, but you could add peas or other vegetables for color and variety. Cook this in the oven or the microwave and have a hot meal ready in minutes.



Safety Tip: Handle knives safely. Keep knives sharp. Dull knives are harder to use because you have to use more pressure, increasing the chance that the knife might slip and cut you. Always remember to cut away from you and to use a cutting board.

Kids' Tool Kit

- Pan
- Strainer 
- Large mixing bowl
- Can opener
- Measuring cups
- Wooden spoon
- Rubber spatula
- Knife
- Cutting board
- Casserole dish

Chef's Choice

- Hot Ham and Noodles
- Peas
- Milk

Nutrition Facts

Amount Per Serving	
Serving Size 1 cup (254g)	
Servings Per Container 4	
Calories 310	Calories from Fat 130
	% Daily Value*
Total Fat 14g	22%
Saturated Fat 6g	28%
Cholesterol 60mg	20%
Sodium 1180mg	49%
Total Carbohydrate 29g	10%
Dietary Fiber 1g	5%
Sugars 3g	
Protein 17g	
Vitamin A 4%	Vitamin C 2%
Calcium 20%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

For more information about this and other fun recipes: contact your county extension office or visit the Web site at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.