

Hot Ham and Noodles

A favorite cheesy casserole for kids.

4 servings

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:

1. Preheat oven to 375 degrees.
2. Combine all ingredients in a large mixing bowl. Pour mixture into a 9X9- inch pan or a 2 1/2 to 3 quart casserole dish that has been lightly coated with cooking spray.
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 8-9 minutes; stir. Microwave uncovered on medium until hot and bubbly, 3 to 4 minutes more.

Nutrition Facts: One 1 cup serving provides 310 calories, 14g total fat, 60mg cholesterol, 1180mg sodium, 29g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program

Kids a Cookin'

www.kidsacookin.ksu.edu

Chef's Choice

Hot Ham and Noodles
Peas
Milk

Hot Ham and Noodles

A favorite cheesy casserole for kids.

4 servings

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:

1. Preheat oven to 375 degrees.
2. Combine all ingredients in a large mixing bowl. Pour mixture into a 9X9- inch pan or a 2 1/2 to 3 quart casserole dish that has been lightly coated with cooking spray.
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 8-9 minutes; stir. Microwave uncovered on medium until hot and bubbly, 3 to 4 minutes more.

Nutrition Facts: One 1 cup serving provides 310 calories, 14g total fat, 60mg cholesterol, 1180mg sodium, 29g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program

Kids a Cookin'

www.kidsacookin.ksu.edu

Chef's Choice

Hot Ham and Noodles
Peas
Milk

Hot Ham and Noodles

A favorite cheesy casserole for kids.

4 servings

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:

1. Preheat oven to 375 degrees.
2. Combine all ingredients in a large mixing bowl. Pour mixture into a 9X9- inch pan or a 2 1/2 to 3 quart casserole dish that has been lightly coated with cooking spray.
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 8-9 minutes; stir. Microwave uncovered on medium until hot and bubbly, 3 to 4 minutes more.

Nutrition Facts: One 1 cup serving provides 310 calories, 14g total fat, 60mg cholesterol, 1180mg sodium, 29g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program

Kids a Cookin'

www.kidsacookin.ksu.edu

Chef's Choice

Hot Ham and Noodles
Peas
Milk

Hot Ham and Noodles

A favorite cheesy casserole for kids.

4 servings

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:

1. Preheat oven to 375 degrees.
2. Combine all ingredients in a large mixing bowl. Pour mixture into a 9X9- inch pan or a 2 1/2 to 3 quart casserole dish that has been lightly coated with cooking spray.
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 8-9 minutes; stir. Microwave uncovered on medium until hot and bubbly, 3 to 4 minutes more.

Nutrition Facts: One 1 cup serving provides 310 calories, 14g total fat, 60mg cholesterol, 1180mg sodium, 29g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program

Kids a Cookin'

www.kidsacookin.ksu.edu

Chef's Choice

Hot Ham and Noodles
Peas
Milk