

# ham and noodle casserole

Serves: 6 (1 cup)

Prep and Cook time: 1 hr 10 min

Per serving: 464 calories, 26.7 g fat, 1037 mg sodium

1 (12 oz) package whole wheat egg noodles

2 cups cooked ham, chopped

1 cup frozen green peas

1 onion, chopped (optional)

1/2 cup low-fat sour cream

1 (10.75 oz) can condensed cream of chicken/mushroom soup

1 TBS olive oil

2 cups shredded Swiss cheese

1 tsp ground black pepper

1/4 cup bread crumbs

1. Preheat an oven to 350 °F. Grease a 2-quart casserole.
2. Bring water to a full rolling boil in a pot. Cook the egg noodles in the boiling water, stirring occasionally, for 3 minutes; remove from heat, cover, and let stand until the noodles are tender, about 10 minutes. Drain.
3. Stir the noodles, onion, sour cream, chicken/mushroom soup, ham, peas, and Swiss cheese together in a large bowl. Season with salt and pepper. Spoon into the prepared casserole. Sprinkle the top with bread crumbs.
4. Bake in the preheated oven until the casserole is bubbling and the bread crumbs have browned, about 40 minutes.

Vary It! Serve this casserole with a fresh green salad, cut up veggies, or fruit to add nutrients to your meal!

