# ham and swiss roast, carrot soufflé, and blarney cakes

TOTAL TIME

about 1 1/2 hours

MAKES 6 (with leftovers)



### APRON'S ADVICE

Complete your meal with warm dinner rolls and a Bakery creme cake. The heating time for the ham was calculated to keep the ham moist. Fully cooked hams may dry out if heated too long. You may choose to follow label instructions and food safety guidelines for heating your ham.



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### SHOPPING LIST

### Dairy

1 (24-oz) package refrigerated mashed potatoes

### Deli

6 oz Swiss cheese slices 7 oz medium-sharp, white cheese

### Dry Grocery

1/4 cup Dijon mustard1 tsp baking powder1/2 tsp caraway seeds1 cup panko (Japanese bread crumbs)1 tsp vanilla extract

### Meat

1 (6-8 lb) cooked ham

### **Produce**

1 lb fresh carrots 8 oz (1/2 bag) fresh-cut kale 1 tsp minced garlic

### From Your Pantry

3 tbsp all-purpose flour aluminum foil 1/3 cup butter 1/4 cup canola oil 3 large eggs (or 3/4 cup egg substitute) 1/2 cup sugar

### **COOKING SEQUENCE**

- Prepare carrots through step 1 5 minutes
- Prepare ham; begin to bake 15 minute
- About 20 minutes into bake time, continue carrots: begin to bake 25 minutes
- Prepare blarney cakes; slice ham and serve 50 minute

### ham and swiss roast

### INGREDIENTS

1/4 cup Dijon mustard1 fully cooked ham (6–8 lb)1/2 teaspoon caraway seeds6 oz Swiss cheese slices1/4 teaspoon pepper

### STEPS

- 1. Preheat oven to 350°F. Combine mustard, caraway seeds, and pepper. Brush mustard mixture into 6–8 cuts (about 3 inches deep) equally spaced across top of ham; then insert 1/2 cheese slice into same openings.
- 2. Wrap ham tightly in foil. Bake 50–60 minutes or until cheese is melted and bubbly. (Refer to packaging to determine time for larger ham.) Let stand 5–10 minutes before slicing. Serve. (Makes 12 servings.)

CALORIES (per 1/12 of recipe [6-lb ham]) 400kcal; FAT 30g; CHOL 115mg; SODIUM 1670mg; CARB 3g; FIBER 0g; PROTEIN 28g; VIT A 2%; VIT C 0%; CALC 2%; IRON 8%

### carrot soufflé

### INGREDIENTS

1 lb fresh carrots
1/3 cup butter
3 tablespoons all-purpose flour
1 teaspoon baking powder
3 large eggs (or 3/4 cup egg substitute)
1 teaspoon vanilla extract
1/2 cup sugar

### STEPS

- 1. Preheat oven to 350°F. Cut carrots into 1/4-inch-thick slices. Combine with butter and cover; microwave on HIGH 7–8 minutes or until tender.
- 2. Process carrots in food processor with remaining ingredients; transfer to baking dish. Bake 30–40 minutes or until toothpick inserted in center comes out clean. Let stand 5 minutes; serve. (Makes 8 servings.)

CALORIES (per 1/8 recipe) 160kcal; FAT 10g; CHOL 100mg; SODIUM 140mg; CARB 16g; FIBER 2g; PROTEIN 3g; VIT A 190%; VIT C 4%; CALC 6%; IRON 4%

## blarney cakes

#### INGREDIENTS

8 oz fresh-cut kale leaves (1/2 bag) 2 tablespoons water

potatoes 1 teaspoon minced garlic

1 (24-oz) package refrigerated mashed

1 cup panko bread crumbs7 oz medium-sharp, white cheese

© 201Formbink Spating Aktels I as soons each) and coat with panko.

1/4 cup canola oil

#### STEPS

- 1. Combine kale and water, then cover; microwave on HIGH 5–7 minutes or until tender. Place panko on plate.
- 2. Grate cheese into large bowl; stir in potatoes and garlic. Drain kale; stir into potatoes.

	3. Preheat large sauté pan on medium-high 2–3 minutes. Place oil in pan, then add patties (cooking in small batches); cook 3–4 minutes on each side or until golden. Drain on paper towels; cover to keep warm. Serve.	
	CALORIES (per 1/6 recipe) 390kcal; FAT 28g; CHOL 45mg; SODIUM 680mg; CARB 22g; FIBER 3g; PRO 12g; VIT A 130%; VIT C 25%; CALC 35%; IRON 4%	TEIN
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