

Ham Casserole



Recipe developed by Paige Vondran

Ingredients

	Croutons	Exchange	Filling	Exchange
Heavy cream	none	—	60g	—
Protein	3.8g fresh whole egg	0.25 (-0.25g fat)	14.8g fresh roasted ham	2
	6.7g Bobs Red Mill® almond flour	1.45 (-1.45g fat)		
Fat	2.5g butter	0.5	20.8g mayonnaise	4.5 (-1.7g)
	2.5g mayonnaise	0.5		
	2g olive oil	0.5		
Carbohydrate	None	—	16.4g celery	0.6
			10.5g fresh mushrooms	0.7
Other	Pinch of baking soda	—	Salt, pepper, garlic powder and onion powder to taste	—
	Pinch of cream of tartar	—		
	Pinch of garlic powder, onion powder and salt	—		

Directions:

Croutons:

- Preheat oven to 350° F.
- Weigh all the ingredients in the same bowl (butter should be room temperature).
- Season with salt and onion powder. Mix well. The dough should resemble a creamy batter.
- On a baking sheet lined with parchment paper, spread dough thin and bake for 15-20 minutes until golden brown.
- Remove from the oven. Allow time to cool.
- Cut into small pieces to make croutons

Filling:

- In a small sauté pan, bring heavy cream and mayonnaise to a light simmer to start to thicken.
- After about three minutes on a light simmer, add in remaining ingredients and cook for 10 minutes.
- Season with salt, pepper, onion powder and garlic powder.
- Top with croutons before serving.

Variations:

- You can use turkey, tofu, chicken, etc., instead of ham.
- You can also use different vegetables like carrots and peas.



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This recipe is designed to be used by patients who are followed by The Children's Hospital of Philadelphia's Division of Neurology Ketogenic Diet Program.