

Leek and Ham Gratin

Makes: 4 servings

Ingredients

6 Medium leeks trimmed and washed well
12 thin slices ham
25g wholemeal flour
25g low-fat spread or butter
400ml milk (low fat)
50g reduced fat mature Cheddar cheese grated
1 tbsp mustard, Dijon, wholegrain or English.
1 pinch ground black pepper & salt



Instructions

1. Cook the leeks in a large saucepan of simmering water for about 10-12 minutes, until just tender. Drain well in a colander - it helps if you leave them for a few minutes to cool slightly too.
2. Spread mustard on each slice of ham and wrap around each leek, then arrange them in a large shallow baking dish.
3. Preheat the oven to 200°C, fan 180°C, gas mark 6.
4. To make the béchamel sauce: Melt butter in a non-stick saucepan over a low heat and gradually add the flour, stirring continuously. Gradually whisk in the milk until sauce is thick and smooth. Add salt and pepper and cook gently for a few seconds, then remove from the heat.
5. Stir 25g of the cheese into the sauce until melted, then pour the sauce over the leeks. Sprinkle the remaining 25g of cheese over the top.
6. Bake in the oven for 15-20 minutes, until the leeks are heated through and the top is golden brown.

Nutrition information:

Each Serving:
Kcal 295
Fat 6g
Net Carbs 10g
Protein 18g