

# Ham and pasta bake

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- 500 ml (2 cups) sweet potato, chopped
- 10 ml (2 tsp) cooking oil
- 1 ml (1/4 tsp) salt
- 45 ml (3 tbsp) butter
- 375 ml (1 1/2 cups) chopped leftover cooked ham
- 75 ml (1/3 cup) chopped green onion
- 45 ml (3 tbsp) all-purpose flour
- 875 ml (3 1/2 cups) milk
- 125 ml (1/2 cup) sour cream
- 15 ml (1 tbsp) Dijon mustard
- 1 ml (1/4 tsp) ground nutmeg
- 1 ml (1/4 tsp) salt
- 3 ml (3/4 tsp) pepper
- 1 pkg (300 g/10 oz) frozen spinach, squeezed dry and coarsely chopped
- 1.25 l (5 cups) cooked penne pasta (about 875 ml/3 1/2 cups uncooked)
- 375 ml (1 1/2 cups) grated sharp white cheddar cheese

In a small bowl, combine sweet potato, oil and first amount of salt. Arrange in a single layer on a greased baking sheet. Bake in a 205 C (400 F) oven for