

AIP "Cheesy" Ham and Pasta Bake

by Healing Family Eats

Prep time: 15 minutes

Cook time: 75 minutes

Serves 6

- 1 small bunch dinosaur (lacinato) kale, chopped
- 1 box Jovial cassava penne pasta
- 5 tablespoons fat, such as bacon grease, lard (or ghee for a Stage 1 Reintroduction)
- 5 tablespoons cassava flour
- 1 can coconut milk (I like Aroy-D Organic)
- 1 cup water
- 1 cup chicken bone broth (or more water)
- 1/3 cup nutritional yeast, + 1 tsp for the topping (or a cheese such as pecorino for a Stage 3 reintroduction)
- generous pinch sea salt
- 2 tbsp extra virgin olive oil
- 1 small leek, thinly sliced
- 12 oz (340g) AIP compliant ham, cut into 1/4 inch slices and cubed



Fill a large bowl with cold water and add some ice cubes.

Boil a large pan of water. Blanch the kale for 45 seconds and, using a slotted spoon, remove and place into the ice bath.

Make a roux. Heat the fat in a medium pan and add the cassava flour. Stir for a minute on a low-medium heat to cook out the flour taste. Add 1/3 of the liquid, stirring constantly to avoid lumps. Add the another 1/3 and then the remainder, stirring all the time. Simmer for 2-3 minutes, stirring frequently to prevent the sauce from sticking to the pan. Remove from the heat and stir in 1/3 cup of the nutritional yeast. Add sea salt to taste and set aside.

Meanwhile cook the penne in the same water used for the kale for 2 minutes less than the manufacturer's instructions. Drain.

Heat the olive oil in a small frying pan and add the leeks. Sauté on a low heat for around 5 minutes until softened.

Preheat the oven to 350F.

Put the ham, kale and leeks into a large bowl. Squeeze kale to remove excess water and add to the mixture. Pour over the white sauce and mix well. Spoon the mixture into an 11 x 8 inch or equivalent (3 pint capacity) oven-proof baking dish. Sprinkle the extra nutritional yeast over the top.

Bake for 55-60 minutes until bubbling and golden brown on the top. Finish under the broiler for a bit more colour if you like and serve.

NOTE : See blog post for Low FODMAP options.