

# Ricotta, Ham and Spinach Casserole

Serves 4 to 6.

By Dennis W. Viau; modified from an Internet recipe.

This is a fairly simple keto-friendly casserole (or casseroles). I prefer to prepare dishes like this in individual serving bowls with lids. After baking, I let them cool, cover them, and then place them in the refrigerator. They reheat easily in the microwave oven for a quick meal.



## **Ingredients:**

10 large eggs  
1 pound (450g) ham, diced  
1 15-ounce (425g) container ricotta cheese (about 1 cup)  
¼ cup (60ml) heavy whipping cream  
½ medium yellow onion, finely chopped  
1 to 2 cloves garlic, minced  
8 ounces (230g) frozen spinach or 1 6-ounce (170g) package fresh spinach  
1 teaspoon salt

## **Directions:**

1. Start heating your oven to 350°F (180°C).
2. In a blender or food processor\*, combine the eggs, heavy whipping cream, and cheese. Blend until smooth.
3. If using fresh spinach, place in a large skillet with a few tablespoons of water. Cover and cook over medium heat until wilted. Allow to cool. Remove the excess moisture by squeezing with your hands or with a potato ricer. Then add to the mixed egg mixture in the food processor and pulse to chop lightly. Or chop with a knife.
4. Transfer the egg mixture to a large bowl. Add the garlic, chopped onion, spinach (if not already incorporated), ham and salt. Blend well.
5. Spoon into a casserole dish or into 4 to 6 single-serving oven-safe bowls with lids. Bake uncovered 45 to 55 minutes, or to an internal temperature of at least 160°F (70°C).
6. Serve. If using single-serving bowls, allow to cool, cover, and refrigerate. Heat in the microwave oven for serving.

## **Variations:**

For a different flavor, add 1 or 2 teaspoons of Dijon mustard to the egg mixture before blending. Other flavors worth considering are soy sauce, sesame oil, and fish sauce. Or garnish the top of each bowl with shredded cheddar cheese before baking.

\*If using a food processor, make certain the bowl is large enough to contain all the liquid. I use a 14-cup (3.3 liter) bowl.