



We appreciate that some of our recipes might best be thought of as a treat. So this week all recipes will be designed for those on a budget. By selecting requests from various online groups we'll dedicate each recipe to an specific person. So this is for you N Dunkerley

Prep time: 5 mins

Cook time: ½ hr

Serves: 4

Ingredients

300g pasta such as penne (Any shape will do really)

7 dollops of Mayonnaise

600ml water

125g ham

150g fat free Greek yoghurt

50g cheese (Parmesan or Emmental)

Method

Preheat the oven to 180°C.

Mix the water, the mayonnaise and the yoghurt together. Boil the mixture.

Put the pasta in the oven tray, cover with the ham and finally add the cheese.

Bake for 30 minutes in the oven.

Serve with a salad or your favourite vegetables.

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