

HAM WITH LEEK AND SWEET POTATO PIE

A filling, healthy recipe taken from Rosemary Conley's Amazing Inch Loss Plan book.

Serves 4

Per serving: 303 calories, 3.5g fat

Prep time: 10 mins

Cook time: 20 mins

INGREDIENTS

900g sweet potatoes, peeled
2 leeks, washed and sliced
100g thin ham, chopped
2 - 3 tbsps semi-skimmed milk
100g low-fat mature cheese, grated
pinch of nutmeg
4 medium-sized tomatoes
1 vegetable stock cube
freshly ground black pepper

Chef's tip: Slice the leeks very fine, so they don't need pre-cooking before adding to the potatoes

METHOD

1. Preheat the oven to 200°C, 400°F, Gas Mark 6.
2. Boil the potatoes in a large pan of water with a vegetable stock cube until soft. Drain the potatoes, then mash them, adding the leeks, ham and milk.
3. Using a wooden spoon, fold in half the cheese with a pinch of nutmeg and season to taste with black pepper, then pile the potato mixture into an ovenproof dish.
4. Slice the tomatoes and arrange on top of the potatoes. Sprinkle with the remaining cheese and bake in the oven for 20 minutes or until golden brown.
5. Serve with unlimited fresh vegetables (excluding potatoes) or salad.

