PREPARATION

- Read the My Netherlands stories about Lars and Floor
- Activity time: 45 minutes
- Ingredients:
  - 1lb (500 grams) pasta, any shape
  - 2 tbsp oil
  - 1 onion, chopped
  - 2 garlic cloves, crushed
  - 1 cup ham, cubed
  - 1 cup shredded cheese (Lars likes Gouda but any cheese is OK)
  - 1 cup cream
  - salt and pepper to taste

STORY CONNECTION

Macaroni Ham Kaas is a favorite Dutch food that is easy to make. “Kaas” is the Dutch word for cheese and you might have heard that the Dutch are known for making and eating lots of it!

LEARN

Tasting and preparing new foods at a young age might spark more adventurous eating.

INSTRUCTIONS

1. Bring water to boil and add pasta. When cooked, drain the pasta.
2. Heat oil in a skillet. When hot, add garlic and onion. Stir gently until onion is soft.
3. Add the ham to the onion and garlic, stir gently and cook for 2 minutes.
4. Add cooked pasta, cheese and cream to the onion, garlic and ham mixture.
5. Lower heat and stir gently until all the cheese is melted.
6. Enjoy and eet smakelijk!