

COMMODITY FOODS

FULLY COOKED HAM, FROZEN

Storage

- ◆ Store frozen ham in the freezer.
- ◆ For best quality, use frozen ham by “*Best if Used By*” date on the package.
- ◆ Store leftover ham in a covered container in the refrigerator. Use within 3 days.



Preparation & Cooking

- ◆ Thaw ham in original package in the refrigerator on a platter. Set on the lowest shelf away from other foods. Allow 3-5 hours per pound thawing time.
- ◆ Fully cooked ham can be served cold without further cooking.
- ◆ Ham may be heated at 325°F to an internal temperature of 140°F.
- ◆ Frozen ham may have an outside casing which is a protective covering, and should be removed before serving.

Uses & Tips

- ◆ Fully cooked ham can be served cold without further cooking in sandwiches, in salads or on cold plates.
- ◆ Leftover ham is great in casseroles made with pasta, rice or potatoes.
- ◆ While roasting, season ham with juices (apple, pineapple or orange), honey, ground cinnamon or cloves.

Ham Mac & Cheese with Salsa Serves 6.

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| 2 cups uncooked macaroni | 1 cup processed cheese, diced |
| 1/2 cup water | 1 cup ham, diced |
| 2/3 cup nonfat dry milk | 1/3 cup salsa |

1. Cook macaroni according to package directions. Drain and set aside.
2. Mix water and nonfat dry milk in a saucepan. Add cheese.
3. Cook over low heat, stirring gently until cheese melts.
4. Add cheese sauce to cooked macaroni.
5. Gently stir in ham and salsa. Cook over low heat until thoroughly heated.

NUTRITION FACTS (per serving) - Calories 290 ~ fat 10 g ~ calories from fat 90 ~ sodium 780 mg ~ total carbohydrate 31 g ~ fiber <1 g