

# Ham Recipes



**Ham tastes great in rice and pasta casseroles  
and salads.**

## **Ham and Greens** Serves 6.

2 pounds of greens (turnip, mustard, or collard)	1 medium onion, chopped
2 1/2 cups water	1/2 tsp. sugar
1 chicken bouillon cube	1/2 tsp. pepper
1/2 pound cooked ham, cubed	

1. Soak and rinse greens in water. Cut greens into smaller pieces.
2. Put water in large pot. Add greens and cook water until it simmers.
3. Add bouillon cube, ham, onion, sugar and pepper.
4. Cover the pot and continue to simmer greens for 1 hour or until tender.

**NUTRITION FACTS (per serving) - Calories 100 ~ fat 6 g ~ calories from fat 50 ~ sodium 840 mg ~ total carbohydrate 3 g ~ fiber < 1 g**

## **Ham with Apricots\*** Serves 6.

1 can (15 oz.) apricot halves	2 Tbsp. cornstarch
1 1/2 pounds ham, sliced	1/4 tsp. ground nutmeg
1/4 cup packed brown sugar	2 Tbsp. vinegar

1. Drain apricots. Reserving 1 cup syrup; set aside.
2. Cut apricots in half; set aside.
3. Make small cuts on edges of ham slices; place in a shallow 2 quart microwave-safe dish.
4. In a small bowl combine brown sugar, cornstarch and nutmeg; stir in vinegar and apricot syrup until smooth. Pour over ham.
5. Cover and microwave at 70% power for 5 minutes.
6. Turn ham; arrange apricots on top. Cover and microwave at 70% power for 8-10 minutes or until sauce is thickened. Let stand 2 minutes.

**NUTRITION FACTS (per serving) - Calories 350 ~ fat 17 g ~ calories from fat 160 ~ sodium 1070 mg ~ total carbohydrate 26 g ~ fiber 1 g**

**\*Taste of Home's "QUICK COOKING" magazine, March/April 1999 © Reiman Publications,  
<http://www.tasteofhome.com>.**

### **Ham and Lima Beans** Serves 6.

2 Tbsp. margarine	1 can cream of chicken soup
2 Tbsp. onion, minced	1 cup cooked ham, cubed
1 1/3 cups quick cooking rice	1 cup cooked lima beans
1 1/2 cups hot water	Salt and pepper, to taste

1. Melt margarine in skillet. Cook onions in margarine until tender.
2. Add rice to onions and cook until rice is golden brown.
3. Add chicken soup, ham, lima beans and hot water.
4. Bring to boil, simmer uncovered 5 minutes.

**NUTRITION FACTS (per serving) - Calories 250 ~ fat 12 g ~ calories from fat 110 ~ sodium 880 mg ~ total carbohydrate 25 g ~ fiber 2 g**

### **Ham and Pineapple Sandwiches** Serves 4.

4 slices of bread  
4 slices of cooked ham  
4 pineapple slices, drained  
4 slices of cheese

1. Place a slice of ham on each slice of bread.
2. Place a pineapple slice on ham and top with cheese.
3. Place sandwiches on baking sheet and broil until cheese melts.
4. Serve immediately.

**NUTRITION FACTS (per serving) - Calories 230 ~ fat 12 g ~ calories from fat 100 ~ sodium 720 mg ~ total carbohydrate 23 g ~ fiber 1 g**



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