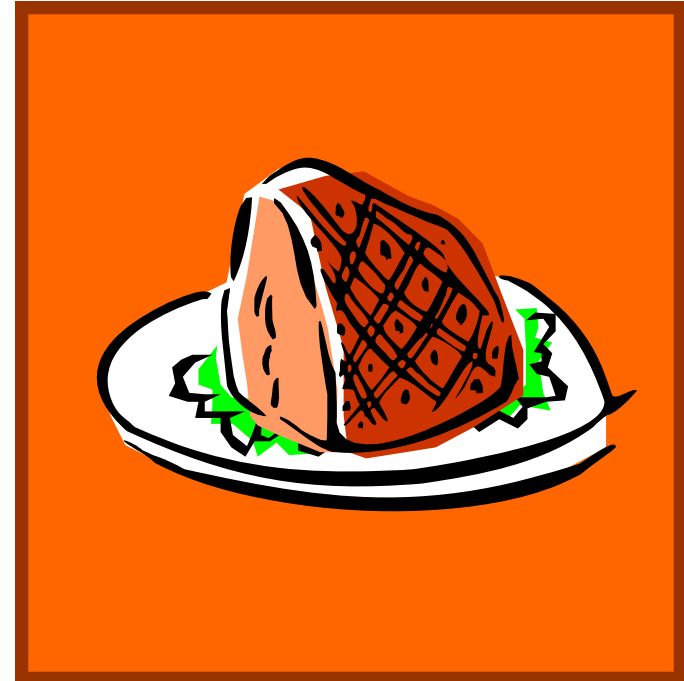


# Ham

## All Year Round



UNIVERSITY OF ILLINOIS  
**EXTENSION**

FAMILY NUTRITION PROGRAM  
EXPANDED FOOD AND NUTRITION  
EDUCATION PROGRAM

**University of Illinois \* United States Department of Agriculture**  
**\* Local Extension Councils Cooperating**  
University of Illinois Extension provides equal opportunities in programs  
and employment.  
This material was funded by USDA's Food Stamp Program.

## Tips on Serving Ham ...

- ◆ Vacuum-packed and canned ham labeled “fully-cooked” can be eaten cold right out of the package. To heat the ham immediately after opening the package, bake at 325°F until meat thermometer reads 140°F.
- ◆ Reheat “fully-cooked” ham that has been **repackaged** or **leftover** to an internal temperature of 165°F.
- ◆ Ham labeled ‘cook-before-eating’ must reach an internal temperature of 160°F before eating. Bake in 325° oven.
- ◆ Use leftover ham or deli slices within three to five days.
- ◆ Freezing is not recommended for ham because it affects ham’s quality. If you do freeze, wrap ham tightly and freeze for no more than 2 months. Use thawed ham in cooked dishes like soups and casseroles.

## Ham & Cheese with Salsa (6 servings)

2 cups uncooked macaroni  
1/2 cup water  
2/3 cup nonfat dry milk  
6 slices reduced fat processed cheese  
1 cup cubed cooked lean ham  
1/3 cup salsa

1. Cook macaroni according to package directions. Drain and set aside.
2. Mix water and nonfat dry milk in 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 250 ~ fat 6 g ~ calories from fat 50 ~ sodium 680 mg ~ total carbohydrate 33 g ~ fiber ~ 1 g**

### Don't get caught up in overeating during your special holiday celebrations...

- Serve some lower calorie food choices.
- Don't skip breakfast the morning of your special meal.
- Keep portion sizes small, especially when there are many food choices.
- Freeze food gifts and enjoy them later.
- Snack on fruits & vegetables between meals.
- Stay active.

## Country Casserole (12 servings)

1-1/4 cup water  
1/2 cup uncooked rice  
1/3 cup chopped onion  
1/4 cup milk, non fat  
1 cup cubed cooked lean ham  
1/2 teaspoon salt  
8 ounces cheese, cubed  
10-ounce package frozen peas, thawed  
6 hard cooked eggs, chopped

1. Bring water to boil.
2. Add rice, cover and simmer 10 minutes.
3. Add remaining ingredients.
4. Cover and continue cooking 20 minutes or until rice is done.

**NUTRITION FACTS (per serving)** - Calories 180 ~ fat 10 g ~ calories from fat 90 ~ sodium 340 mg ~ total carbohydrate 11 g ~ fiber 1 g

### Add a little ham to everyday dishes...

- Stir into macaroni and cheese
- Add to scrambled eggs, omelets, egg casseroles
- Drop into soup especially bean soup or cheese soup

## Skillet Ham (4 servings)

2 Tablespoons butter or margarine  
2 Tablespoons minced onion  
1-1/3 cups quick cooking rice  
1/2 teaspoon salt  
Dash of pepper  
1 can cream of chicken soup  
1 cup cubed cooked lean ham  
1 cup cooked beans or peas  
1-1/2 cups hot water

1. Melt margarine in skillet.
2. Add onion to skillet and sauté until tender.
3. Add rice to onion and sauté to golden brown.
4. Add salt, pepper, chicken soup, ham, beans/peas and hot water to rice. Bring to boil then simmer uncovered 5 minutes.

**NUTRITION FACTS (per serving)** - Calories 330 ~ fat 14 g ~ calories from fat ~ sodium 1000 mg ~ total carbohydrate 35 g ~ fiber 4 g

## Greens with Ham (6 servings)

1/4 cup onion, chopped  
1/2 cup chopped cooked lean ham  
16 ounces frozen greens (turnip, mustard, collard)  
1 cup water

1. Chop onion and meat into small pieces.
2. Place all ingredients into saucepan and simmer for 25 minutes.
3. Serve hot.

**NUTRITION FACTS (per serving)** - Calories 45 ~ fat 1 g ~ calories from fat 10 ~ sodium 190 mg ~ total carbohydrate 4 g ~ fiber 3 g

## Southwest Scrambled Eggs (8 servings)

1 teaspoon vegetable oil  
1 can (14.5-ounce) diced tomatoes\*  
8 large eggs  
1 1/2 cups cubed cooked lean ham  
8 small (6-inch) soft tortilla shells  
1/4 cup shredded cheese, optional  
Pepper to taste

1. In a large skillet heat oil over medium heat and slowly add can of tomato with vegetables.\*
2. Reduce heat to low.
3. In a bowl, beat eggs well.
4. Add eggs and ham to vegetables in skillet.
5. Cook over low heat, stirring occasionally, until almost set.
6. Cook until eggs are fully set.
7. Tortilla shell may be heated in microwave or skillet. Follow package directions.
8. Place 1/8 egg mixture on top of each tortilla. May sprinkle shredded cheese on top. Pepper to taste.
9. Roll up tortillas and serve.

\*May use favorite canned tomato blend OR 1 small tomato, 1 Tablespoon green pepper, all finely chopped and 1 Tablespoon of salsa.

**NUTRITION FACTS (per 1 tortilla with cheese) - Calories 250 ~ fat 11 g ~ calories from fat 100 ~ sodium 720 mg ~ total carbohydrate 19 g ~ fiber 2 g**

## Potato Soup (4 servings)

3 medium potatoes  
4 cups low sodium chicken broth  
1/2 cup chopped cooked lean ham  
1 cup nonfat dry milk  
1/2 cup chopped onion  
1/2 cup corn

1. Wash potatoes and peel.
2. Cut potatoes into 1-inch cubes. Place in large pot.
3. Add broth to pan and bring to boil. Partially cover pot with lid and simmer 20 minutes or until potatoes are soft.
4. Add ham, dry milk, onion, and corn to the pot.
5. Bring to a boil. Turn heat down to simmer for 5 minutes.

**NUTRITION FACTS (per serving) - Calories 230 ~ fat 3 g ~ calories from fat 25 ~ sodium 430 mg ~ total carbohydrate 36 g ~ fiber 2 g**

## Quick Broiled Supper (1 servings)

1 slice bread  
1 slice cooked lean ham (or luncheon meat)  
1 slice of cheese  
1 slice pineapple

1. Place bread on small pan or piece of aluminum foil.
2. Top bread with cooked ham, then cheese and top with pineapple slice.
3. Broil until heated through and cheese is melted.

**NUTRITION FACTS (per serving) - Calories 220 ~ fat 9 g ~ calories from fat 90 ~ sodium 670 mg ~ total carbohydrate 24 g ~ fiber 2 g**