



# Ham

Lean ham is a good choice for breakfast, lunch or dinner time.

## COOKING TIPS

- ◆ Vacuum-packed and canned hams labeled "**fully-cooked**" can be eaten cold right out of the package. To heat, bake at 325°F until meat thermometer reads 140°F (about 10 - 30 minutes per pound).
- ◆ 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°F oven.
- ◆ Use leftover ham within four to five days.
- ◆ Ham does not freeze well. If you do freeze ham, wrap it tightly and freeze for no more than 2 months. Use thawed ham in cooked dishes (soups, casseroles).

Add a little ham to everyday dishes:

- top your favorite pizza
- stir into macaroni and cheese
- add to scrambled eggs, omelets, egg casseroles
- add to soups (bean soup, broccoli and cheese soup, corn chowder, etc.)



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