Whether it’s on the breakfast table, topping a salad, rolled in a tortilla or the centerpiece of a special meal, the mildly sweet, smoky flavor of ham makes it a hero in many households.

This convenient, ready-to-eat meat is a versatile solution for today’s busy families. You’ll find many choices for ham in the supermarket – from honey-baked deli ham to thicker slices for the grill to boneless roasts for quick weeknight dinners.

And because ham comes from one of the leanest pork cuts, it’s a healthful meat choice that easily matches the lean profile of poultry.

*Is it time you took another look at ham?*

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Ham’s a LEAN Protein Choice.

HOW HAM STACKS UP

<table>
<thead>
<tr>
<th></th>
<th>Ham, extra lean (3 oz.)</th>
<th>Chicken Breast, skinless (3 oz.)</th>
<th>Tuna Salad (1/2 cup)</th>
<th>Pork Tenderloin, trimmed (3 oz.)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>112</td>
<td>140</td>
<td>192</td>
<td>139</td>
</tr>
<tr>
<td>Fat</td>
<td>4 g</td>
<td>3 g fat</td>
<td>9 g fat</td>
<td>4 g fat</td>
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You’ll keep fat to a minimum when you choose ham. A three-ounce serving of extra-lean ham has only about 112 calories and four grams of fat.

And in each flavorful forkful, ham packs a powerful nutrient punch. It’s not only an excellent source of high-quality protein, but it also is one of the richest sources of thiamin or vitamin B-1 (45% Daily Value per serving). Ham provides an array of other essential vitamins and minerals, too – including iron, zinc, niacin, vitamin B-6 and vitamin B-12.
Honey-Orange Glazed Ham

2 – 3 pounds fully cooked boneless ham
1 tablespoon orange juice
1/4 cup honey
1/8 teaspoon EACH ground cinnamon and cloves

Serve with roasted potatoes and fresh green beans

Nutrition Information per 3-ounce Serving: Calories: 200, Fat: 6 g, Saturated Fat: 2 g, Protein: 25 g, Sodium: 1,720 mg, Cholesterol: 60 mg, Carbohydrate: 9 g

Serves 6 – 8, with leftovers.

Place ham on rack in shallow roasting pan. Roast uncovered in a 325° F oven for about 30 minutes, or until meat thermometer registers 140° F. While ham is roasting, mix together orange juice, honey, cinnamon and cloves in a small bowl. Baste ham with orange glaze during the last 10 minutes of roasting.
At only about 112 calories per 3-ounce serving, lean HAM is a healthful choice.

Spicy Ham and Black Bean Soup

1 cup (about 1/3 pound) cubed cooked ham
1 cup salsa
1 (15-ounce) can black beans, rinsed and drained
1 (14-ounce) can low-sodium chicken broth
1 green onion, sliced (optional)

In a large saucepan combine ham, salsa, beans and broth. Bring to a boil over medium heat; reduce to low and cover. Simmer for 10 minutes. Ladle into soup bowls; garnish with onion if desired.

Serve with whole-grain crackers and sliced apples

Supplied Nutrition Information per Serving: Calories: 150, Fat: 3 g, Saturated Fat: 1 g, Protein: 14 g, Sodium: 1,270 mg, Cholesterol: 20 mg, Carbohydrate: 21 g, Fiber: 5 g
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Fettuccine and Ham Salad

3/4 pound cooked ham, cut into 1/2-inch cubes
1/2 cup sliced carrots
8 ounces spinach fettuccine
1 small onion, sliced and separated into rings
1/4 cup tarragon vinegar
1 tablespoon olive oil
2 T chopped fresh basil OR 1/4 teaspoon dried basil

Cook carrots until crisp-tender; drain and cool.
Cook fettuccine according to package directions; drain. In a large bowl toss together ham, carrots, fettuccine and onion. In a separate small bowl, stir together dressing of vinegar, oil and basil. Pour dressing over fettuccine mixture; toss gently to coat. Refrigerate 1 to 2 hours. Serve cold.

Serve with dinner rolls and fresh strawberries

Nutrition Information per Serving: Calories: 320, Fat: 10 g, Saturated Fat: 2 g, Protein: 25 g, Sodium: 1,410 mg, Cholesterol: 45 mg, Carbohydrate: 34 g, Fiber: 2 g
A menu that includes ham means less cooking time and more family time.

Meals for the On-The-Go Family

Mediterranean Meal – Fill a pita pocket with shaved ham, dabs of goat cheese, chopped tomatoes, chopped canned artichokes and sliced olives. Serve with cucumbers marinated in low-fat vinaigrette dressing.

Tex-Mex Takeout – Spread a flour tortilla with salsa, top with thinly-sliced ham, shredded low-fat cheddar cheese and shredded lettuce. Roll tortilla and enjoy with fresh fruit.

Savory Special – Combine low-fat mayonnaise and horseradish; spread over rye bread. Top with slices of ham, low-fat Swiss cheese and thinly sliced ripe pears.
Storage Tips

- Use leftover ham or deli slices within four to five days.
- Freezing is not recommended because it affects ham’s quality. If you do freeze, wrap ham tightly and freeze for no more than two months. Use thawed ham in soups, stews or casseroles.

Ham Hints

A little ham adds a sweet and smoky flavor to everyday dishes:

- Toss a few ham cubes into macaroni and cheese for a different dinner.
- Add a slice of ham to a grilled cheese sandwich for a satisfying lunch.
- Stir diced ham into scrambled eggs.
- Add to diced potatoes and onions for a hearty hash.
- Top your favorite frozen pizza with ham.
- Drop cubed ham into corn chowder, navy bean soup or broccoli and cheese soup.
Sandwich Ideas That Go Beyond Ham & Cheese...

**New England Haven** – Top thick slices of cracked wheat bread with shaved ham. Add purchased cranberry-apple relish. Serve with fresh vegetable soup.

**Bay Area Classic** – Toast two slices of sourdough bread and spread with reduced-fat, herb-flavored cream cheese. Add sliced ham and top with roasted peppers and lettuce leaves.

**California Club** – Spread toasted seven-grain bread with honey mustard and top with ham, thin slices of provolone cheese and crisp alfalfa sprouts.
Making Sense of Sodium

Although fresh pork is naturally low in sodium, some salt is added to ham during the curing process. One three-ounce serving averages around 1,000 mg of sodium, or less than half of the recommended Daily Value for healthy adults (2,400 mg) on the Nutrition Facts label.

If you’re watching your sodium intake, you can still enjoy ham if you keep sight of your total diet. There are also many reduced-sodium ham products in the meat case today. They average about 700 mg per three-ounce serving – about the amount in a cup of canned soup.

Cooking Tips

- Most hams today are ready-to-eat (look for "fully cooked" on the label). To serve hot, place in a 350°F oven until the internal temperature of the ham is 140°F (about 10 to 30 minutes per pound).
- If you buy a ham labeled "cook before eating," it must be cooked to an internal temperature of 160°F.
- Broiling or grilling brings out the unique flavors of ham. Place a ham slice three to five inches from the heat source; broil or grill until lightly browned.
- When serving boneless ham, plan on four to five servings per pound; count on two to three servings per pound for bone-in hams.