

TURKEY HAM, WATER ADDED

for use in the USDA Household
Commodity Food Distribution Programs

11/30/07

Product Description

- **Turkey Ham** is made from turkey thigh meat that is boneless, frozen, and fully cooked, which allows it to be eaten right from the package if desired.
- Each turkey ham is individually wrapped and vacuum packed to seal in freshness and moisture. The wrapping should be removed before serving.
- Each turkey ham weighs about 2 pounds.

Yield

- Each 2-lb turkey ham will yield approximately sixteen 2-oz servings.

Storage

- Keep ham frozen at 0°F or below in original container.
- Store leftover turkey ham in a non-metallic covered container and refrigerate. Use within 3 days.

Preparation

- Thaw ham in original package in the refrigerator on a plate or platter. Set on the lowest shelf away from other foods.
- Allow 3-5 hours per pound thawing time.
- For food safety reasons, **do not** thaw the turkey ham at room temperature.

Cooking

- **TO HEAT:** Remove bag or casing. Place turkey ham, thawed or frozen, in pan and cover. If frozen, cook in an oven for 3½-4 hours at 325 °F. If thawed, cook in an oven for 75-90 minutes at 325 °F.
- Cook turkey products to an internal temperature of 165 °F for 15 seconds. Judge doneness by temperature, not the color or texture of the food.



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Uses and Tips

- Because this ham has been fully cooked, it can be served cold, without further cooking.
- Serve "as is" in sandwiches or salads.
- Chop turkey ham and add to casseroles, omelets, pasta dishes, pizza topping, or soups.

Nutrition Information

- **Turkey Ham** is 95% fat-free.
- 1 ounce of cooked turkey ham counts as 1 ounce-equivalent from the ***MyPyramid.gov*** Meat and Beans group.

Nutrition Facts	
Serving size 2 ounces (57g)	
Amount Per Serving	
Calories 80	Fat Cal 27
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1g	5%
Cholesterol 35mg	12%
Sodium 600mg	26%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 12g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 7%
*Percent Daily Values are based on a 2,000 calorie diet.	

(See recipes on reverse side)

Turkey Ham and Corn Chowder

1 cup chopped onion
 1 tablespoon vegetable oil
 3 tablespoons flour
 ½ teaspoon pepper
 1 quart 1% low-fat milk
 2 cups frozen hash brown potatoes
 2 cans (11 oz) corn with red & green peppers
 3 cups cubed Turkey Ham

Recipe provided from Norbest.com has been modified.

1. In large saucepan over medium-high heat, sauté onions in oil until translucent. Blend in flour and pepper. Remove pan from heat.
2. Slowly add milk, stirring constantly. Return pan to heat.
3. Add potatoes. Bring mixture to boil, stirring constantly. Add corn and turkey.
4. Return to boil, then reduce heat and simmer 15 minutes or until potatoes are tender and mixture has thickened.

Makes 8 servings

Nutrition Information for each serving of Turkey Ham and Corn Chowder:

Calories	248	Cholesterol	41 mg	Sugar	9.5 g	Calcium	163 mg
Calories from Fat	50	Sodium	874 mg	Protein	17 g	Iron	2.1 mg
Total Fat	5.6 g	Total Carbohydrate	35 g	Vitamin A	80 RAE		
Saturated Fat	1.9 g	Dietary Fiber	3.2 g	Vitamin C	13 mg		

Turkey Ham Quiche

2 frozen 9-inch pie shells, prepared according to package directions
 1 cup Turkey Ham, diced
 ¾ cup reduced-fat cheddar cheese, shredded
 3 eggs, beaten
 ¾ cup skim milk

Recipe provided from Norbest.com has been modified.

1. Preheat oven to 350°F.
2. Sprinkle ham and cheese over pie shell.
3. In a small bowl, combine egg and milk; pour evenly into pie shell.
4. On cookie sheet, bake quiche 20 to 25 minutes or until knife inserted in center comes out clean.

Makes twelve 1/6 slice servings

Nutrition Information for each serving of Turkey Ham Quiche:

Calories	165	Cholesterol	66 mg	Sugar	1.1 g	Calcium	93 mg
Calories from Fat	91	Sodium	325 mg	Protein	7 g	Iron	0.5 mg
Total Fat	10.1 g	Total Carbohydrate	12 g	Vitamin A	56 RAE		
Saturated Fat	2.6 g	Dietary Fiber	0.2 g	Vitamin C	0 mg		

These recipes, presented to you by USDA, have not been tested or standardized.

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