

HAM

Water Added

for use in the USDA Household
Commodity Food Distribution Programs

Product Description

- **Ham** is frozen, fully cooked, cured and smoked, boneless, and whole.
- The ham has an outside casing which is a protective covering, and should be removed before serving.
- Each ham weighs about 3 pounds.

Yield

Expect a yield of approximately twelve 3-ounce servings per ham.

Storage

- Keep ham frozen at 0°F or below in original container.
- For **best quality**, use frozen ham by the “Best if Used By” date on the package.
- Store leftover ham in a covered container and refrigerate. Use within 3 days.

Preparation

- Thaw ham in original package in the refrigerator on a 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 ham at room temperature.

Uses and Tips

Because this ham has been fully cooked, it can be served cold, without further cooking, in sandwiches, in salads, or on cold plates.

(See recipes on reverse side)



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Cooking

- Heat ham at 325°F oven temperature for about 2 hours to an internal temperature of 140°F.
- Heat ham with or without casing.

Nutrition Information

- **Ham** is a source of protein, potassium, phosphorus, and niacin as well as other vitamins and minerals.
- 2 to 3 ounces of ham provides 1 serving from the **MEAT, POULTRY, FISH, DRY BEANS, EGGS, AND NUTS GROUP** of the Food Guide Pyramid.

Nutrition Facts			
Serving size 3 ounce (85g) ham			
Calories	97	Fat Cal	31
Amount Per Serving			
		% Daily Value*	
Total Fat	3.4g		5%
Saturated Fat		2.0g	6%
Cholesterol	38mg		12%
Sodium	765mg		31%
Total Carbohydrate	2g		0%
Dietary Fiber		0g	0%
Sugars		2g	
Protein	13g		
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	3%
*Percent Daily Values are based on a 2,000 calorie diet.			

Spanish Rice & Ham

1 tablespoon vegetable oil
 ½ cup chopped onion
 ½ cup chopped green pepper
 1 clove garlic, minced
 1 28-ounce can tomatoes, undrained, cut up
 ¾ cup raw rice
 1 teaspoon sugar
 1 teaspoon chili powder
 1/8 teaspoon pepper
 bottled hot pepper sauce to taste
 1 cup water
 2 cups cubed ham

1. In a large skillet, heat oil over low heat.
2. Add onion, green pepper, and garlic. Cook until tender, but not brown, about 5 minutes.
3. Stir in undrained tomatoes, rice, sugar, chili powder, pepper, hot pepper sauce (optional), water, and ham.
4. Bring to a boil; reduce heat to low. Cover and simmer for 20 minutes or until rice is tender and most of the liquid is absorbed.

Makes 7 (1 cup) servings

Nutrition Information for each serving of Spanish Rice & Ham:

Calories	177	Cholesterol	22 mg	Sugar	4 g	Calcium	44 mg
Calories from Fat	30	Sodium	725 mg	Protein	13 g	Iron	2.0 mg
Total Fat	3.3 g	Total Carbohydrate	24 g	Vitamin A	91 RE		
Saturated Fat	1.0 g	Dietary Fiber	2 g	Vitamin C	33 mg		

Tortattas (Egg-rich Pancakes)

5 large eggs (or ½ package egg mix, reconstituted)
 2 tablespoons vegetable oil
 ¼ cup + 3 tablespoons cornmeal
 ¼ cup + 3 tablespoons flour
 1 ½ teaspoons baking powder
 ½ teaspoon salt
 1 cup drained whole kernel corn
 ½ cup ham, diced
 ¼ cup + 3 tablespoons shredded carrots
 ¼ cup + 3 tablespoons chopped onion

1. In a large bowl, blend eggs and oil together.
2. In a separate bowl mix cornmeal, flour, baking powder, and salt together. Blend into egg mixture.
3. Add corn, ham, carrots, and onion.
4. Oil a griddle or skillet and preheat over medium heat.
5. Ladle 1 ounce (2 tablespoons) of batter onto griddle. Cook until bubbles appear at edges, about 2 minutes. Turn over and cook until golden on other side, another 2 minutes. Remove to a platter and keep warm and covered.
6. Repeat until all batter is used.
7. Excellent served with salsa

Makes 5 servings of 4 pancakes each

Nutrition Information for each serving of Tortattas:

Calories	274	Cholesterol	219 mg	Sugar	3 g	Calcium	114 mg
Calories from Fat	107	Sodium	768 mg	Protein	12 g	Iron	2.2 mg
Total Fat	11.9 g	Total Carbohydrate	26 g	Vitamin A	371 RE		
Saturated Fat	2.8 g	Dietary Fiber	2 g	Vitamin C	2 mg		

Ham Menu Ideas

- Add diced ham to soups and casseroles.
- Use sliced ham for sandwiches.
- Add strips of diced ham to tossed green salads, pasta salads, or ham salad sandwiches.
- Use diced ham in fried rice.
- Add diced ham to omelets, scrambled eggs, and egg casseroles.
- Use diced ham and pineapple chunks as pizza toppings

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

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