

Hawaiian Ham Sandwich



The Ingredients

- 4 slices whole grain bread
- 1/4 cup shredded cheese
- 2 leaves romaine lettuce
- 4 slices ham
- 2 slices pineapple
- 2 slices onion
- 1/2 teaspoon mustard

Directions

1. Toast the bread slices. Top each hot bread slice with 2 tablespoons of cheese (if you prefer, microwave quickly to melt).
2. Divide the lettuce, ham, pineapple, and onion between the two sandwiches.
3. Spread 1/4 teaspoon mustard on the remaining bread slices and top off the sandwiches.
4. Serve and enjoy!
5. Refrigerate leftovers.


Recipe adapted from Campbells.com

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

Just Say Yes to Fruits and Vegetables

Makes 2 servings

Cheesy Ham, Potato, and Green Bean Casserole



Recipe adapted from ThriftyFrugalMom.com
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Program - SNAP.

The Ingredients

- 3 tablespoons butter or cooking oil
- 1/8 cup and 1 tablespoon flour
- 1/4 teaspoon pepper
- 1/4 teaspoon onion powder
- 1/4 teaspoon garlic powder
- Salt, to taste
- 1 1/2 cups low-fat milk
- 3/4 cup low-fat shredded cheese
- 2 1/2 cups potatoes, cooked and sliced
- 3 cups green beans, cooked
- 1 cup cooked ham, diced

Directions

1. Preheat oven to 350 degrees Fahrenheit.
2. In a skillet over medium heat, melt butter and whisk in flour and spices.
3. Add milk, stirring constantly, until thickened.
4. Remove from heat, add cheese, and stir until melted.
5. Put potatoes in greased baking dish (9x13 inch recommended) followed by green beans and topped with ham.
6. Pour cheese sauce over all.
7. Bake for 30 minutes.
8. Serve and enjoy!
9. Refrigerate leftovers.

*Check your food pantry for canned green beans and fresh or canned potatoes to make this recipe.

Split Pea and Ham Soup



The Ingredients

- 2 cups dried split peas
- 2 cups broth
- 8 cups water
- 1 bay leaf
- 2 teaspoons parsley
- 1 large onion, diced
- 3 stalks celery, diced
- 2 large carrots, diced
- 1/2 teaspoon pepper
- Salt, to taste
- 1/2 teaspoon dried thyme
- 8-12 slices of ham, chopped

Directions

1. Rinse split peas and drain well.
2. In a large pot, combine peas, broth, water, bay leaf, and parsley. Bring to a boil. Reduce heat to low and simmer, covered for one hour.
3. Add in onion, celery, carrots, pepper, salt, and thyme. Cover and simmer for another hour, or until all ingredients are fully cooked.
4. Add ham and warm thoroughly.
5. Serve and enjoy!
6. Refrigerate leftovers.

Tip: Rinse and soak split peas for 4 hours before cooking to speed up the cooking process.

Recipe adapted from SpendWithPennies.com

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Just Say Yes to Fruits and Vegetables

Makes 8 servings

Frozen Sliced Ham: What You Need to Know

Just Say Yes to Fruits and Vegetables



The gold star method to defrost your sliced ham is in the refrigerator for approximately 8-12 hours.



Use ham within 2 weeks of defrosting.



The ham is fully cooked and can be eaten out of the package after safely thawing or reheated before consumption.

More Recipe Ideas!

- Ham roll-ups: Use the ham as a wrap and fill with veggies. We suggest: onion, bell pepper, celery, cucumber, or carrot sticks. Add more flavor with your favorite condiment (mustard, salsa, hummus, etc).
- Add to your families must have whole grain pasta dish. We love cold pasta dishes with ham and veggies.
- Make a grilled ham and cheese sandwich with a thick slice of tomato.
- Add to vegetable soup, chowder, fried rice, and salad.