



Pork, Ham, Frozen

MyPlate Food Group: **Protein**



Nutrition Information

- 1 ounce of ham counts as 1 ounce in the ChooseMyPlate.gov Protein group.
- All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group. Beans and peas can also be considered a part of the Vegetable Group.
- Eat a variety of protein foods to improve nutrient intake and health benefits.
- Ham supplies many nutrients such as protein, B vitamins (niacin, thiamin, riboflavin, and B6), vitamin E, iron, zinc, and magnesium.

Uses and Tips

- Thaw frozen ham in the refrigerator or microwave by using the defrost setting.
- Do not thaw on the countertop at room temperature.
- Refer to the product's packaging for more information on how to properly thaw this product.
- Frozen ham is fully cooked, therefore, it can be eaten when thawed.
- Chopped ham can be added to soups, salads, and casseroles.
- Use sliced ham in sandwiches made with whole wheat bread. Add a salad on the side for a healthy and quick lunch.

Storing Foods at Home

- Keep ham frozen at 0 degrees F until ready to use.
- After cooking, store any leftover ham in a tightly covered container that is not made from metal in the refrigerator.

MyPlate Facts

- Proteins are one of three nutrients that provide calories (the others are fat and carbohydrates).
- Proteins function as building blocks for bones, muscles, cartilage, skin, and blood. They are also building blocks for enzymes, hormones, and vitamins.
- The nutrients in protein foods can vary depending on the protein food source. Varying your protein food choices can provide your body with a range of nutrients that will help to keep your body working well.
- B vitamins help build tissue and aid in forming red blood cells. Iron can prevent anemia. Magnesium helps build bones and supports muscle function. Zinc can support your immune systems.



USDA Foods

Brazilian Black Beans and Ham

Makes 8 servings

Ingredients:

2 teaspoons vegetable oil
8 ounces ham, cut into small pieces
1 large onion, chopped
1 clove garlic, minced, or ¼ teaspoon garlic powder
1 red bell pepper, chopped
1 teaspoon ground cumin
1 cup rice, uncooked
1 can (15 ounces) black beans, drained and rinsed
2 cups water

Directions: Wash hands with soap and water.

1. Heat oil over medium-high heat; cook ham and onion until onion is clear.
2. Add remaining ingredients.
3. Bring to boil over high heat, reduce heat to low, cover, and simmer for 20 minutes.

Recipe adapted from FoodHero.org

Creamy Ham and Pea Pasta

Makes 10 servings

Ingredients:

16 ounces whole wheat spaghetti
½ pound cooked ham, diced
1 ½ teaspoon dried ground sage
5 cloves garlic, minced
1 ½ cups frozen peas
1 ¼ cups grated parmesan cheese
½ cup 1% lowfat milk
2 ½ cups plain, nonfat Greek yogurt

Directions: Wash hands with soap and water.

1. Cook pasta according to package directions.
2. In a large skillet, combine ham, sage, garlic and peas over medium-high. Cook 5-7 minutes, stirring occasionally.
3. Reduce heat to low. Add cheese and milk. Cook 2-3 minutes, stirring throughout.
4. Remove from heat and stir in yogurt. Mix well. Serve immediately.

Recipe adapted from The Oklahoma Nutrition Information and Education Project