



Pork, Pit Ham, Smoked, Frozen

MyPlate Food Group: **Protein**



Nutrition Information

- 1 ounce of smoked 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.
- Smoked 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 smoked pit 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.
- Smoked pit ham is already fully cooked.
- Chopped smoked ham can be added to soups, salads, and casseroles.
- Use sliced smoked 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 smoked ham frozen at 0 degrees F until ready to use.
- After cooking, store any leftover smoked 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

Broccoli and Ham Salad

Makes 5 servings

Ingredients:

3 cups broccoli, chopped
1 medium carrot, peeled and diced
2 stalks celery, thinly sliced
½ cup raisins
¼ cup onion, chopped
1 cup cooked smoked ham
¼ cup light mayonnaise
½ cup plain, nonfat yogurt
1 tablespoon sugar
1 teaspoon vinegar

Directions: Wash hands with soap and water.

1. In a large bowl mix together broccoli, carrot, celery, raisins, onion, and ham.
2. Mix together mayonnaise, yogurt, sugar and vinegar in a separate bowl.
3. Add mayonnaise mixture to salad and mix well.

Recipe adapted from FoodHero.org

Ham and Vegetable Chowder

Makes 10 servings

Ingredients:

1 tablespoon vegetable oil
1 small onion, chopped
½ head cabbage, chopped (about 6 cups)
1 large potato, peeled and diced
2 cans (14 ½ ounces each) low-sodium chicken broth
2 cans (15 ounces each) cream-style corn
1 cup chopped smoked ham
½ teaspoon pepper
½ cup grated cheddar cheese

Directions: Wash hands with soap and water.

1. Heat oil in 4 quart (or larger) saucepan. Cook onion, cabbage, and potato over medium heat, stirring often, until soft, about 10 minutes.
2. Add chicken broth, corn, ham, and pepper.
3. Cover and simmer until potatoes are tender, about 10 minutes.
4. Serve hot, sprinkled with cheese.

Recipe adapted from FoodHero.org