

Pork

Baked Ham

Number of Portions: 20

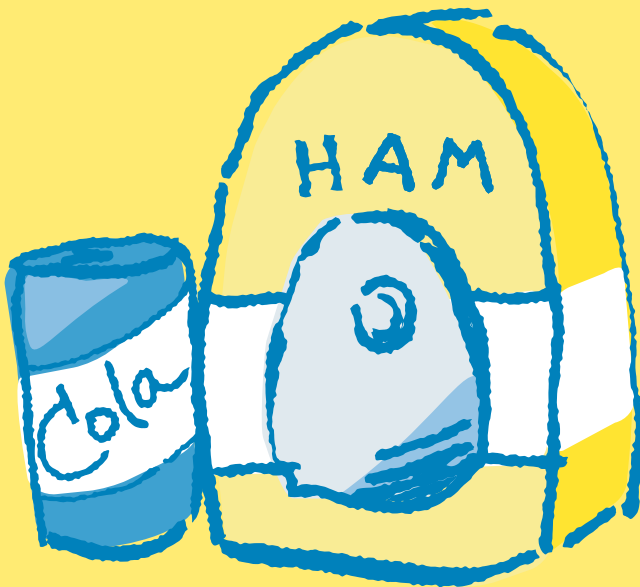
Size of Portion: 1 slice

Meal Pattern Contribution:
1 1/2 oz. Meat/Meat Alternate

INGREDIENTS

Ham	3 (16 oz.) cans
Diet Cola	1 1/2 (12 oz.) cans

Bake hams at 325° F for 20 minutes. Pour soda over ham and bake an additional 15–20 minutes. Slice hams into 20 equal servings.



Calories, 105	Iron, 1 Mg	Protein, 13.1 G
Cholesterol, 46 Mg	Calcium, 5 Mg	Carbohydrates, 0 G
Sodium, 233 Mg	Vitamin A, 1 RE	Total Fat, 5.4 G
Dietary Fiber, 0 G	Vitamin C, 0 Mg	Saturated Fat, 1.8 G

Baked Cheese Grits with Ham

Number of Portions: 50

Size of Portion: 2/3 cup

Meal Pattern Contribution:

1 1/2 oz. Meat/Meat Alternate; 1 Grain/Bread

INGREDIENTS

Ham, Water Added (fully cooked)	2 lb.
Water	1 3/4 gal.
Grits, quick, dry	2 1/4 lb.
Salt	2 tsp.
Eggs	9
Cheddar Cheese shredded	2 1/4 lb.
Margarine	1 lb.
Garlic Powder	1 tsp.
Worcestershire Sauce	1/4 cup
Paprika	1 tsp.

Dice ham and put 2/3 lb. in each of three 12 x 10 x 2 inch pans sprayed with non-stick vegetable oil. Bring water to a brisk boil in a stockpot. Stir in grits. Reduce heat to medium. Cook grits 5–7 minutes or until thickened. Add remaining ingredients to grits, stirring constantly. Cook over low heat until cheese is melted. Pour grits over ham in pans. Bake at 350° F oven for 30–40 minutes or until firm. Let stand 5 minutes before serving.

* Purchasers of this product will need to ensure that the name of the food on the product label exactly matches the description of this product. Please check the Food Buying Guide for quantities if your product label states, "Ham with Natural Juices," "Ham," or "Ham and Water Products, X% of weight is added ingredients."

Calories, 250	Iron, 7 Mg	Protein, 11 G
Cholesterol, 68 Mg	Calcium, 273 Mg	Carbohydrates, 16.8 G
Sodium, 782 Mg	Vitamin A, 149 RE	Total Fat, 15.8 G
Dietary Fiber, 1 G	Vitamin C, 0 Mg	Saturated Fat, 6.1 G

Macaroni and Cheese with Ham

Number of Portions: 25

Size of Portion: 1 cup

Meal Pattern Contribution:

1 1/2 oz. Meat/Meat Alternate; 1 Grain/Bread

INGREDIENTS

Macaroni	2 1/2 lb.
Milk	4 cups
Cheese Product* (i.e. Velveeta®)	1 lb.
Cheddar Cheese	1 lb.
American Processed Cheese	1/2 lb.
Parsley, dried	1 Tbsp.
Margarine, soft	2 Tbsp.
Ham, with Natural Juices**	1 lb.

Cook macaroni according to package directions drain. Cut Velveeta® and American cheeses into cubes. Shred cheddar cheese. In a large saucepan, add 2 cups of milk and all the cheeses, cook over low heat until cheese is melted and mixture is creamy, remove from heat and set aside. Stir in ham. Spray two 9 x 13 inch pans with nonstick vegetable oil and pour in pasta. Spoon the cheese

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sauce and ham over the pasta and add 1 cup of milk to each of the pans. Dot the top of the pasta with margarine, sprinkle with parsley flakes, and cover with foil. Bake 30 minutes at 350° F, removing the foil for the last 5 minutes.

* Cheese Product is not creditable.

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Calories, 373	Iron, 2 Mg	Protein, 19.8 G
Cholesterol, 56 Mg	Calcium, 338 Mg	Carbohydrates, 38.9 G
Sodium, 777 Mg	Vitamin A, 142 RE	Total Fat, 15.3 G
Dietary Fiber, 1.1 G	Vitamin C, 5 Mg	Saturated Fat, 8.7 G

Ham and Potato Casserole

Number of Portions: 15

Size of Portion: 1/2 cup

Meal Pattern Contribution:
1 1/2 oz. Meat/Meat Alternate;
1/4 cup Fruit/Vegetable

INGREDIENTS

Cream of Mushroom Soup	1 (10 3/4 oz.) can
Milk	3/4 cup
Black Pepper	to taste
Cheddar Cheese, shredded	2 1/2 cups
Onion, chopped	1/2 cup
Potatoes, thinly sliced	4 cups
Ham with Natural Juices, diced*	3 cups
Paprika	to taste

Mix soup, milk, and pepper. Grease a 13 x 9 inch baking dish. Set aside 1 cup of shredded cheese. Layer sliced potatoes, ham, onion, and cheese, ending with potatoes on top. Pour liquid over and sprinkle with paprika. Cover and bake in 350° F oven for 45 minutes. Remove cover, sprinkle 1 cup cheese on top, and bake about 15 minutes until cheese melts.

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Calories, 144	Iron, 1 Mg	Protein, 10.2 G
Cholesterol, 38 Mg	Calcium, 135 Mg	Carbohydrates, 6.4 G
Sodium, 608 Mg	Vitamin A, 50 RE	Total Fat, 8.6 G
Dietary Fiber, 0.6 G	Vitamin C, 11 Mg	Saturated Fat, 4.2 G

Pig in a Blanket

Number of Portions: 25

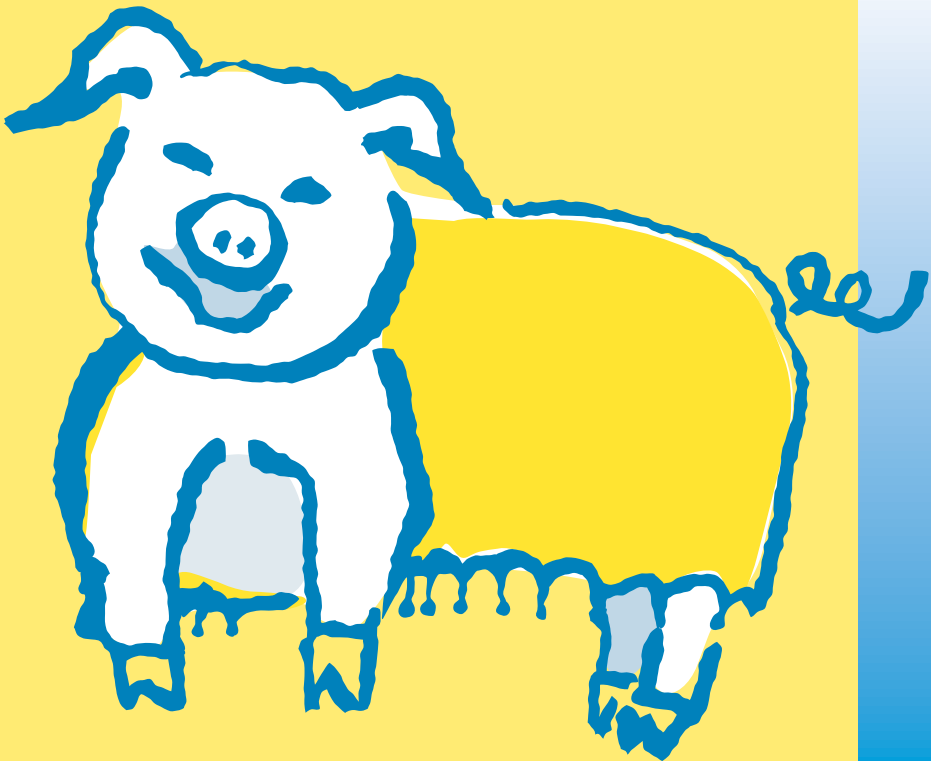
Size of Portion: 2 pieces

Meal Pattern Contribution:
2 oz. Meat/Meat Alternate; 1 Grain/Bread

INGREDIENTS

Hot Dogs	25 (2 oz.)
Bread Slices	25

Stack hot dogs on a cutting board and cut crosswise into 50 halves. Cut bread in half diagonally. Wrap each hot dog piece in a half slice of bread and secure with toothpick. Bake at 400° F for 12 minutes or until brown. Remove toothpicks before serving.



Calories, 252	Iron, 2 Mg	Protein, 8.4 G
Cholesterol, 30 Mg	Calcium, 35 Mg	Carbohydrates, 14.7 G
Sodium, 781 Mg	Vitamin A, 0 RE	Total Fat, 17.7 G
Dietary Fiber, 0.6 G	Vitamin C, 0 Mg	Saturated Fat, 6.8 G

Pigs in Blankets

Number of Portions: 10

Size of Portion: 1 each

Meal Pattern Contribution:
1 1/2 oz. Meat/Meat Alternate; 1 Grain/Bread

INGREDIENTS

Salt	1/4 tsp.
Baking Powder	1/2 tsp.
Flour, all purpose	2 cups
Shortening	1/4 cup + 1 Tbsp.
Water	3 Tbsp.
Lowfat Cheddar Cheese, shredded	1/4 cup
Hot Dogs (pork, beef or turkey)	10

Stir dry ingredients together in a bowl. Cut in vegetable shortening and add 2 tablespoons of water. Stir mixture with a fork, adding more water only as necessary to work in flour. (Do not add more than 4 tablespoons of water.) Add cheese and knead together. Roll out dough like a pie crust. Cut dough into strips. Wrap each pie crust strip around a hot dog. Bake at 350° F until crust is lightly brown.

“Oink, oink, oink, oink,
oink, oink, oink, oink,
oink, oink!”

Note: The cheese dough could be replaced with ready made biscuit or crescent roll dough. Choose reduced fat product to keep total fat content down.

Calories, 300	Iron, 2 Mg	Protein, 8.1 G
Cholesterol, 26 Mg	Calcium, 44 Mg	Carbohydrates, 20.9 G
Sodium, 591 Mg	Vitamin A, 8 RE	Total Fat, 20.3G
Dietary Fiber, 0.7 G	Vitamin C, 0 Mg	Saturated Fat, 7.6 G