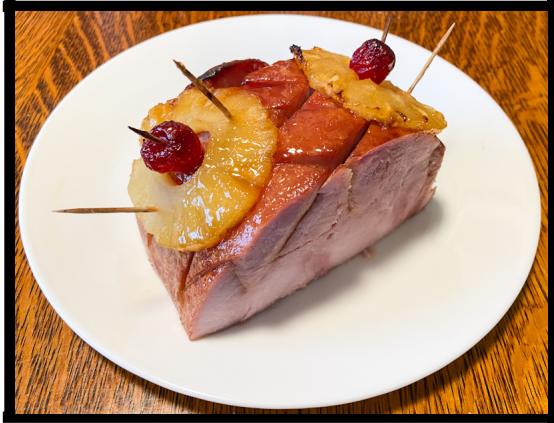


# SIMILAR INGREDIENTS, MULTIPLE MEALS

*Shop once, eat twice: Successful tips for busy families.*



FEATURED RECIPES  
CAN BE PAIRED WITH  
SIDE DISHES NOTED ON  
PAGE 3.

## **Ingredients:**

**4½ pound boneless fully-cooked ham**  
**20 oz. can pineapple slices in juice**  
**6 maraschino cherries**  
**2 cups pineapple juice**  
**½ cup brown sugar**  
**¼ cup honey**  
**¼ cup corn syrup**

## **Prepare Ham:**

1. If you purchase 8 pound ham, cut the ham in half lengthwise.
2. Use a sharp knife, score the top and sides in a diagonal crosshatch pattern about ½" deep. Put the ham, scored side-up, on a rack set in a roasting pan.

## Baked Ham with Pineapple - Brown Sugar Glaze

### Directions:

1. Drain the pineapple rings, reserving the juice. Arrange the sliced pineapple all over the ham, securing with toothpicks. Add a maraschino cherry to the center of each pineapple slice and secure with a toothpick.
2. Put ¼" water into the bottom of the pan. Tent the ham loosely. Bake at 350°F. for 1 hour. Remove tent and increase temperature to 400°F. and cook about 1 more hour until an instant read thermometer inserted in the thickest part of the ham registers 130°F.
3. After hour, combine the rest of the ingredients in a heavy saucepan. Bring to a boil and then reduce to a simmer. Cook for about 25 - 30 minutes until syrupy and thickened.
4. Brush the glaze on the ham and bake for 15 min. Repeat once. Remove when internal temperature is 140°F. Let rest 15 minutes before slicing.

# Eat what's in season... Spinach



Spinach is naturally fat-free, cholesterol-free and sugar-free. Plus, it is low in sodium and a good source of iron, potassium, and riboflavin. It is high in vitamin A, vitamin C and fiber. Spinach makes a delicious salad, side dish or a wonderful addition to a casserole dish.

**Selection and Storage:** Spinach is available fresh, frozen and canned for convenience. When selecting fresh spinach, choose crisp, green bunches with no insect damage. Look for bright green leaves that are fresh, young, moist and tender. Avoid coarse stems, injured, torn, dried, limp or yellowed leaves.

Store in coldest part of refrigerator in a plastic bag for use within 3 - 5 days.

**Preparation hints:** Wash spinach just before using. Fill a bowl with cold water and swish loose leaves around. Lift leaves from water. Drain and rinse bowl. Repeat process until there is no grit on the bottom of the bowl. Pat the leaves dry. Note: Storing wet spinach can speed spoilage.



## Ham, Potato & Spinach Gratin

### Directions:

1. Wash potatoes and pierce with a fork. Microwave on high for 14 – 16 minutes. Cool slightly and slice into ¼” slices. Place slices in a casserole dish coated with cooking spray.
2. Add green onions, ham and spinach evenly mixed on top of the potato slices.
3. Place butter in a 4-cup bowl. Melt butter in the microwave oven on high for 1 minute. Add sour cream and cheese. Stir together. Spread over the ham and spinach.
4. Microwave casserole on high for 6 – 8 minutes.

### Ingredients:

- 6 medium potatoes**
- 3 green onions, diced**
- 2 cups ham, diced**
- 10 oz. pkg frozen chopped spinach, thawed, drained and squeezed dry**
- ½ cup butter**
- 1 cup sour cream**
- 2 cups shredded cheddar cheese**

## Side Dish Spotlight

Below are a few side dish ideas to pair with our featured chuck roast recipes or to try on their own!

### Ham and Cheese Puffs

- 1 sheet puff pastry, thawed
- 2 Tbsp. Dijon mustard
- 4 oz. shaved ham
- 1 cup grated melting cheese such as cheddar
- 1 egg white



Served as an appetizer.

#### Directions:

1. Preheat oven to 400°F.
  2. Place parchment paper on cookie sheet. Unfold puff pastry on parchment paper, Divide puff pastry into 9 squares about 3" x 3".
  3. Spread mustard diagonally across each square. Top with ham and sprinkle with cheese.
  4. Dab one corner with egg white using a brush. Fold the opposite corner over the filling first, then fold the corner with egg white over it and press down to bond. Brush the top with egg white.
  5. Bake for 15 – 20 minutes or until deep golden brown and puffed.
- Serve warm as appetizer or entrée.

### Ham Salad

- 2 cups ham, diced
- 2 hard boiled eggs, chopped
- ½ cup mayonnaise
- 1 Tbsp. Dijon mustard
- 1 Tbsp. sweet relish
- 2 Tbsp. carrot, minced
- 2 Tbsp. celery, minced
- 1 Tbsp. red onion, minced
- Old Bay seasoning

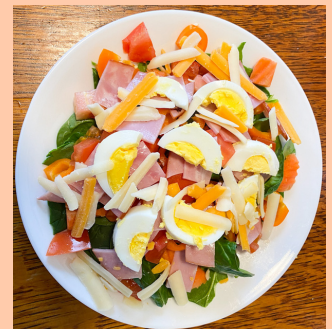


#### Directions:

1. Combine all of the ingredients. Taste mixture and then season with Old Bay for desired taste.
2. Cover and chill for one hour.

### Spinach Chef Salad

- Spinach
- Ham, diced
- Shredded cheese
- Red pepper, diced
- Tomato, diced
- Carrots, shredded
- Hard boiled eggs, sliced



#### Directions:

1. Place spinach leaves on your plate. Top with ham, cheese, red pepper, tomato and carrots.
2. Add egg slices and dressing of your choice.

## Selection, Handling, & Storage

**Selection:** Ham comes in many types, shapes, sizes and quality. Select type and quality based on how you plan to serve it, such as baking for family dinner or making sandwiches. Bone-in will add flavor. Boneless is easier to carve. When purchasing ham, read the label to determine amount and type of curing ingredients that have been added to the ham. The label may say ham with natural juices, or ham with water added or ham and water products. Plus, the label may reveal hickory smoked, honey-cured or sugar-cured. The label may also share amount of fat - "lean" or "extra lean" ham.

Look for a ham that has a firm texture, moderately marbled with fat, well-trimmed and an even rosy color. Avoid uneven coloring, soft texture and excess fat.

### Quantity of Ham to Purchase:

Factors to consider include: type of ham – bone-in or boneless, number of people, appetites of the people serving – child vs. adult.

Type of Ham	Pounds per Dinner Serving
Bone-In Ham	½ - ¾ lb. per serving
Partially Boned Ham	⅓– ½ lb. per serving
Boneless Ham	¼ - ⅓ lb. per serving

**Storage:** Ham storage depends on the type of ham purchased. The date on the package of ham is the purchased date. Perishable uncooked ham can be stored 3 - 5 days; ham after home cooking can be stored for 3 - 4 days. A whole, uncut country ham can be stored at room temperature for up to 1 year.

An unopened shelf-stable, canned ham may be stored at room temperature up to 2 years. When freezing ham, for best quality use in 1 - 2 months but can be safely frozen for longer.

## Nutrient Profile: B9 Folate

Folate is the natural form of B9 found in foods while folic acid is the form of Vitamin B9 that is supplemented and fortified into foods. Folic acid form is actually better absorbed in our bodies than folate. This vitamin is crucial for making DNA and RNA, the foundation of new cells and cell growth. Because of its roll in creating DNA and healthy red blood cells, folic acid and folate needs are increased for pregnant women. Pregnancy and fetal development is a time of rapid growth in which folate is needed in high amounts.



**Food Sources:** Dark green leafy vegetables (spinach, romaine lettuce, asparagus, brussels sprouts, broccoli), beans, peanuts, sunflower seeds, fresh fruits, whole grains, seafood, eggs, fortified foods

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