

# live high off the ham!

Here's to ham, the economy buy, the versatile meat, the special taste of spring! Now buy ham by the double-portion — use what's left over from ham dinner for meals (like these) that can never be called "leftovers."

Here's how: take the cooked ham — steak it or strip it, dice, cube or mince it . . . and follow one of these recipes for a brand new second meal.

## CRANBERRY HAM ROLLS

- 1/4 cup minced onion
- 1/4 cup minced celery
- 1/4 cup butter or margarine
- 2 cups cooked rice
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 8 thin slices leftover ham
- 1 can whole cranberry sauce
- 1/2 cup brown sugar, firmly packed
- 2 tablespoons lemon juice

Sauté onion and celery in butter until tender. Add rice, salt and pepper; blend. Spread mixture over ham slices; roll up and fasten with toothpicks. Place ham roll in center of double-thick square of aluminum foil. Shape foil around roll to make a shallow boat. Place on baking sheet.

In bowl, mash cranberry sauce with fork; add brown sugar, lemon juice; blend. Spoon mixture over ham rolls in boats. Bake 20 minutes in 350° oven.

Makes four servings. Good "go-with's" — whipped sweet potatoes, mixed peas and onions, tangy lemon pie.



Wrap ham slices around seasoned rice; top with cranberry sauce. Bake Cranberry Ham Rolls!

## PINEAPPLE BEAN BAKE

- 2 cans (1 lb. 5 oz. each) pork and beans
- 1/2 cup chopped onion
- 1 cup cooked ham, cubed
- 1 can (1 lb.) pineapple chunks
- 1/4 cup molasses
- 1 tablespoon prepared mustard

Mix together the pork and beans, onion and half the meat. Drain pineapple; add half the chunks to the bean mixture. Blend molasses and mustard well; add half this mixture to the beans. Turn into greased baking dish; bake, uncovered, at 400° for 30 minutes.



Now ham, potatoes and eggs turn into an extravaganza, Planked Ham Puff. Lightly mix, sprinkle with cheese. Bake! Top with buttered mushrooms and beans for a wonderful one-dish meal.

Combine remaining meat, chunks and molasses sauce. Place on top of bean dish; bake for an additional 10 minutes. Makes 6 to 8 good servings. Serve with cheese-flavored rolls or cornbread, relish plate, tossed slaw.

## PLANKED HAM PUFF

- 1 cup diced, cooked ham
- 1 cup mashed potatoes
- Salt, pepper
- 2 egg yolks, beaten
- 2 egg whites, stiffly beaten
- 1 cup grated American cheese
- 1 12-oz. pkg. frozen French-style green beans or 1 family-size can green beans
- 2 tablespoons butter
- 1 4-oz. can mushrooms, sliced

Combine ham, mashed potatoes, salt, pepper. Blend well. Add egg yolks; fold in beaten egg whites. Completely cover large meat platter or four dinner plates with foil. Make a ring of the ham mixture on the meat platter, or make individual puffs on dinner plates; sprinkle with grated cheese. Bake 30 minutes at 325°.

Cook green beans as directed. Sauté mushrooms in butter. Pile beans in center of ring; garnish with sautéed mushrooms. Makes four portions, to serve at once.

This one-dish meal needs little accompaniment. If desired, add French bread, a tossed salad; serve fresh fruit and cheese for dessert.



Pineapple Bean Bake combines three great "tastes": pineapple—and ham—and pork 'n beans.

## MOLASSES HAM SKILLET

- 1 tablespoon cornstarch
- 1 can (12 oz.) apricot nectar
- 1/4 cup light molasses
- Juice and grated rind of one orange
- 1/4 teaspoon nutmeg
- 4 cooked ham slices, 1/2 to 1-inch thick

Using a large skillet, slowly add apricot nectar to cornstarch, stirring until smooth. Add molasses, juice and rind, nutmeg. Cook over medium heat, stirring constantly, until mixture thickens and clears. Add ham to skillet just to heat through. Serve with potatoes au gratin, boiled cabbage, biscuits. Four servings.



Try the famous Southern recipes—Molasses Ham Skillet and Ham Creole—with fritters!

## HAM CREOLE

- 1/4 cup butter or margarine
- 1 cup sliced onions
- 2 cups cooked ham, cut in strips
- 1 medium green pepper, coarsely diced
- 1/2 teaspoon salt
- 1/8 teaspoon ground cloves
- 1 can (16 oz.) tomatoes
- 1 can (3 or 4 oz.) mushrooms
- 1/4 cup dark molasses
- 2 tablespoons cornstarch
- 5 tablespoons water

Heat butter in saucepan; sauté onions until tender. Add next 7 ingredients. Cover; simmer 30 minutes. Blend cornstarch with water until smooth; stir in sauce. Cook, stirring, until thickened. Makes four helpings over fluffy rice. Serve with corn fritters, a hearty dessert.