

Delightful Food Ideas

Hints On Ham

(NAPSA)—Serving ham can be easier than ever with new recipes and experts on hand to help at the Ham Hotline, making it a delicious choice for every occasion from family celebrations to everyday meals and snacks.

To help make every bite turn out right, anyone can turn to the experts at the Kentucky Legend Ham Hotline at (866) 343-5058, open weekdays March 1 to April 15, from 9 a.m. to 7 p.m. Eastern Time.

The ham pros there have helped thousands of at-home chefs serve up ham as an economical, family-favorite meal. They've coached newlyweds creating their first big dinner, helped parents find kid-friendly ham recipes, and provided tips on ham basics, from choosing the right-size ham to glazing, heating and carving.

Here are answers to the most-often-asked questions about ham preparation:

- When choosing a ham, plan on $\frac{1}{4}$ to $\frac{1}{3}$ pound of boneless ham per serving; $\frac{1}{3}$ to $\frac{1}{2}$ pound for bone-in hams.

- Most hams are precooked (read the label) and should be gently reheated at 325° F to an internal temperature of 140° F.

- To ensure a moist and flavorful ham, place a pan of water in the oven when you reheat it.

“Ham can make anyone look like an accomplished cook in the kitchen,” says Janet Sweeney, marketing director for Kentucky Legend Ham. “Best of all, it tastes great at dinner and it’s easy to create delicious casseroles, salads and even appetizers with the leftovers.”

For example, you may care to try this popular casserole:



A hot and hearty Macaroni Ham Casserole is a great way to enjoy the leftovers from a ham feast.

Macaroni Ham Casserole (4 servings)

- 1 cup diced Kentucky Legend ham**
- $\frac{1}{4}$ cup chopped bell pepper**
- $\frac{1}{4}$ cup chopped onion**
- 1 tablespoon butter**
- 1 tablespoon chopped pimiento**
- 1 can cream of mushroom soup**
- 7 to 8 ounces of uncooked macaroni**
- $\frac{1}{2}$ cup milk**
- 1 tablespoon chopped parsley**
- $\frac{1}{2}$ cup shredded cheddar cheese**

In a skillet, sauté bell pepper and onion in the tablespoon of butter for 5 minutes. Add ham and continue cooking until thoroughly heated. Cook macaroni according to package directions; drain. Combine all ingredients except cheese, and pour into a greased casserole dish. Bake at 350° F for about 30 minutes, until bubbly. Sprinkle with cheese and bake until melted.

Free Recipes

For more ham recipes plus exciting accompaniments such as mango salsa and garlic spinach, visit www.specialtyfoodsgroup.com.