

GREAT GRILLING

Ham Steaks: A Sophisticated Crowd-Pleaser

(NAPS)—Americans love to barbecue. As soon as it's warm enough, folks start firing up their grills to cook just about anything—from hors d'oeuvres to desserts. A seasonal icon and the life of any outdoor party, the backyard grill is a great way to bring out the creativity in both experienced and aspiring chefs.

Using premium center-cut ham steaks is a simple way to put a twist on your grilling repertoire for easy outdoor family meals or backyard entertaining.

"Cook's ham steaks pair well with many different flavors and ingredients, including a variety of summer fruits and vegetables," said Jon Lewallen, Cook Family Foods' director of marketing. "The hot fire brings out the most incredible flavors from our natural hickory-smoked ham steaks, and the charcoal or wood chips add a rich flavor you can't get from a stove or oven."

Outdoor grilling enthusiasts can also appreciate ham steaks for their versatility and convenience. A single steak that feeds a family of four is ready in less than five minutes. Plus, the steaks are taken from the lean center of the ham so they are naturally 94 percent fat free, providing an excellent source of protein at a great value.

Spice up a grilled ham steak with this easy and delicious grilling recipe that blends the season's best produce with Cook's ham steaks. Other great recipe ideas for ham and side dishes can be found in the limited edition Cook's Recipe Book. Call 312-616-2622 for details.

Zesty Potato-Ham Casserole

8 to 10 medium potatoes, peeled and chopped
½ medium onion, chopped



1 medium green pepper, seeds removed, chopped
1½ teaspoons pepper
1 Cook's Brand Bone-in Ham Steak (approx. 1 lb.), cut into ½-inch cubes
8 oz. grated sharp cheddar cheese
1 medium tomato, seeds removed, chopped

Preheat grill (Medium setting). Make foil packet by placing potatoes, onions and green pepper on the center of foil sheet. Sprinkle pepper over entire mixture and stir to mix well. Bring up foil sides and double-fold top and sides to seal, leaving room for heat circulation inside. Bake for 20 minutes or until potatoes are tender.

Remove from grill; add cubed ham, stirring slightly to mix. Reseal and return to grill for approximately 10 minutes. Remove from grill and sprinkle cheese and tomatoes over entire mixture. Return to grill, leaving the packet unsealed, but the grill lid closed, and cook for approximately 5 minutes or until cheese is melted. Remove from grill and serve.

Depending on the cut of your potatoes, you may need to adjust the cooking times.

Makes 8 servings.