



Easter Recipes

Chipotle-Glazed Ham with Cherry Jicama Salsa

Recipe courtesy of Rick and Lanie Bayless

Baked Ham with Sweet 'n' Sour Plum Sauce

Ham with Fruit Glaze

Ham and Rigatoni Casserole

Ham Quesadillas

Cheesy Ham and Macaroni

Recipes courtesy of the National Pork Board

Chipotle-Glazed Ham with Cherry-Jicama Salsa

Recipe courtesy of Rick and Lanie Bayless, authors of Rick & Lanie's Excellent Kitchen Adventures

8 to 9-pound bone-in, spiral-cut cooked ham
1 turkey-sized cooking bag
12 to 13-ounce jar of high-quality cherry preserves
2 canned chipotle chiles en adobo, plus 1 tablespoon of the canning (adobo) sauce

Cherry-Jicama Salsa

1 1/2 cups finely chopped red onion
1 1/2 cups diced peeled jicama
1 cup chopped dried bing cherries*
1/2 cup apple cider vinegar
1/3 cup chopped cilantro

Set oven to 250 degrees F. Remove ham from packaging; if it has a plastic disk over the bone, pull it off and throw it away. Lay the ham, cut-side down in a turkey-size cooking bag. Gather the bag up over the ham, pressing out all the air. Fasten with the enclosed tie. Trim excess plastic from above the tie. Using a small knife, make 6 half-inch slits around the top of the bag to allow steam to escape.

Place the ham in a 13 x 9-inch baking dish. Bake for 80 to 90 minutes (roughly 10 minutes per pound), until the temperature near the bone reads 100 degrees F on an instant-read thermometer.

In a food processor or blender, combine the cherry preserves, chipotle chile and its canning sauce. Process until smooth. Scoop out and set aside 1/2 cup of the glaze for seasoning the salsa.

When the ham reaches 100 degrees F, remove from oven, slit the bag and pull it out from under the ham, letting all the juices run into the pan. Tip the pan slightly and spoon off all but about 1/4 cup of the juices. Brush the glaze (except what you've reserved) over the top and sides of the ham.

Return to the oven and bake for an additional 30 to 40 minutes, until the temperature near the bone reads 140 degrees F on an instant-read thermometer. If there is time, tent the foil and let rest for 15 minutes before serving.

In a large bowl, stir together the onion, jicama, cherries, vinegar and the 1/2 cup of reserved glaze. Taste and season with salt, usually about 1 1/2 teaspoons. Cover and refrigerate until ready to serve.

When the ham is ready, stir the cilantro into the salsa and serve along with slices of ham.

Makes 10-14 3-ounce servings of ham, 3 1/2 cups salsa

**Can be substituted with dried, sweetened tart cherries if unavailable*

Nutrition Information per Serving:

Calories: 410

Cholesterol: 80mg

Protein: 29g

Fat: 22g

Sodium: 1540mg

Fiber: 2g

Saturated Fat: 8g

Carbohydrates: 23g

Baked Ham with Sweet 'n' Sour Plum Sauce

6-pounds fully-cooked boneless ham
1 15-ounce can purple plums packed in heavy syrup, drained, pitted and pureed
1 cup undrained crushed pineapple packed in pineapple juice
1/4 cup sliced green onions
1/4 cup firmly packed light brown sugar
2 tablespoons seasoned rice wine vinegar
2 tablespoons honey
1 tablespoon cornstarch
1 teaspoon grated fresh ginger
1 large clove garlic, minced (1/2 teaspoon)
1/8 teaspoon Chinese five-spice powder

Score ham by making diagonal cuts in a diamond pattern. Place ham on rack in shallow roasting pan. Bake in preheated oven at 325 degrees F between 1 hour and 30 minutes to 1 hour and 45 minutes or until meat thermometer registers 140 degrees F.

Meanwhile combine remaining ingredients in medium saucepan. Bring to boil; reduce heat. Cook and stir for 2 minutes longer. Remove from heat. Brush ham with sauce every 15 minutes during last 30 minutes of baking.

Remove to serving platter and tent with foil. Let stand 15 minutes. Brush with sauce. Carve and serve with remaining sauce.

If desired, garnish with green onion flowers, wedges of fresh plums and unpeeled pineapple.

Serves 24

Nutritional Information per Serving:

Calories: 202	Fat: 6g	Saturated Fat: 2g
Cholesterol: 60mg	Sodium: 1396mg	Carbohydrates: 11g
Protein: 6g	Fiber: 0g	

Ham with Fruit Glaze

2 to 3-pound fully-cooked smoked boneless ham

1/2 cup fruit preserves (such as peach or apricot)

1 tablespoon prepared mustard

Heat ham in oven according to package directions*, about 15-18 minutes per pound in a 350 degree F oven. In small bowl, stir together preserves and mustard. Brush over sides of ham during last 15-20 minutes of heating. Slice enough ham to serve; wrap and refrigerate leftovers for up to 3 days.

**Crock-pot tip: Heat small boneless ham in slow cooker, with 1/4 cup water, on low setting, for 5-6 hours.*

Leftovers can be used for Ham Quesadillas.

Nutrition Information per 3-ounce Serving:

Calories: 170

Fat: 3g

Saturated Fat: 1g

Cholesterol: 55mg

Sodium: 1480mg

Carbohydrates: 15g

Protein: 21g

Ham and Rigatoni Casserole

1 1/2 cups ham from Ham with Fruit Glaze recipe, diced
8 ounce dry rigatoni pasta (or other short tube-shaped pasta)
1 2 to 2 1/2 ounce white sauce or country gravy mix
2 cups shredded Swiss cheese
1 tablespoon Dijon-style mustard
10 ounce frozen leaf spinach, thawed and roughly chopped
1/2 teaspoon hot pepper sauce (optional)

Cook rigatoni according to package directions; set aside. Prepare white sauce or country gravy mix; stir in ham, cheese, mustard, spinach and hot pepper sauce.

Pour over pasta, toss gently to blend well. Pour into shallow 2-quart casserole; cover and bake in 350 degrees F oven for 20 minutes. Uncover and back 10 minutes more.

Serves 3 to 4

Nutrition Information per Serving:

Calories: 370

Fat: 11g

Saturated Fat: 4g

Cholesterol: 55mg

Sodium: 1520mg

Carbohydrates: 30g

Protein: 37g

Ham Quesadillas

2 cups shaved ham from Ham with Fruit Glaze recipe
8 ounce can corn, drained, or one cup frozen corn
2 teaspoons chili powder
2 cups shredded Cheddar cheese
8 flour tortillas

In a large bowl toss ham, corn, chili powder and cheese. Heat 10-inch nonstick skillet over medium-high heat. Place one flour tortilla in skillet; layer with about 1/2 cup of the ham mixture to within 1/2 inch of edge of tortilla. Top with another tortilla. Cook over medium-high heat for 4 to 5 minutes, turning after 2 minutes, until light golden brown. Remove quesadilla from skillet and keep warm. Repeat with remaining tortillas and filling. Cut quesadillas into wedges to serve.

Serves 4 to 5

Nutrition Information per Serving:

Calories: 450	Fat: 9g	Saturated Fat: 2g
Cholesterol: 45mg	Sodium: 1700mg	Carbohydrates: 55g
Protein: 35g		

Cheesy Ham and Macaroni

1 1/2 cup fully-cooked ham
1 1/8 ounce package white sauce mix
2 cups milk
1/2 cup grated Parmesan cheese
1/2 cup cubed American cheese
1/8 teaspoon ground pepper
7 ounces macaroni, cooked according to directions, drained
1 cup frozen green peas

Thaw the frozen peas. In a large saucepan stir together white sauce mix and milk.* Following package directions, cook until thickened. Stir in cheese and pepper. Add macaroni, ham and peas and cook, stirring until heated through. Serve hot.

**If you want to make a white sauce from scratch, melt 3 tablespoons butter in a saucepan. Stir in 1/4 cup flour and cook until mixture bubbles. Stir in 2 cups milk and cook, stirring until thickened.*

Serves 6

Nutrition Information per Serving:

Calories: 330	Fat: 11g	Saturated Fat: 5g
Cholesterol: 50mg	Sodium: 1320mg	Carbohydrates: 37g
Protein: 23g	Fiber: 3g	