

Ham It Up All Year

(NAPSA)—Whether it's in an omelet for breakfast, stacked high on a sandwich for lunch or the centerpiece of a dinnertime meal, ham's versatility makes it a hero in many households. Ham is a great fit for busy, health-conscious lifestyles and gives at-home cooks a variety of options, for everyday meals.

"Most Americans think of ham as a treat for special occasions and holidays, but many don't realize ham's versatility," says Pamela Johnson, Director of Consumer Communications for the Pork Information Bureau of the National Pork Board. "As a snack for a child's birthday party or a picnic among friends, ham is appealing to a variety of lifestyles and works in creative meals, whether as the starring role or as a flavor-boosting ingredient."

In addition to that sweet, smoky flavor, ham is lean and simple to serve. With only about 123 calories and five grams of fat per three-ounce serving, lean ham is a healthful choice and packs a powerful nutrient punch.

Chef Shares Secrets for Hammin' It Up

America's home cooks are always looking for great-tasting and convenient meal ideas for everyday dining. To offer inspiration to cooks of all ability levels, a well-known chef shares his recipe for adding ham to everyday meals. Just like busy home cooks, professional chefs need to have quick and easy, family-pleasing meal ideas in their back pockets.

David Woolley is the head chef at The Fort, a renowned restaurant in Morrison, Colo. Woolley also praises the versatility of ham, "With my busy schedule, making a meal at home often calls for last-minute solutions. I often turn to ham because it provides variety to any meal made in minutes—whether it's breakfast, lunch, din-



ner or even a quick snack." For a quick fix, Woolley suggests serving Honey-Cured Ham and Asparagus Pizza. "Have fun and be creative when planning meals. Ham mixes well with simple ingredients to create intense flavor combinations, perfect for adding flavor to any day of the week," suggests Woolley.

Try this easy and mouth-watering recipe:

Honey-Cured Ham and Asparagus Pizza By David Woolley

- 1½ cups cubed honey-cured ham (8 ounces)**
- 8 ounces asparagus**
- 2 tablespoons butter or margarine**
- 1 large onion, cut into thin wedges**
- 1 to 2 tablespoons dry sherry**
- 1 cup bottled roasted garlic Alfredo sauce or Alfredo sauce**
- 1 teaspoon cornmeal**
- 1 13.8-oz. package refrigerated pizza dough**
- 1½ cups shredded mozzarella cheese (6 ounces)**

Snap off and discard woody portions of asparagus. Cut into 1-inch pieces.

Melt butter in skillet over medium heat. Add onion and asparagus. Cook and stir for 5

to 7 minutes or until vegetables are almost tender. Stir in sherry. Cook and stir for 2 minutes more. Set aside.

Heat oven to 425 degrees F. Grease a 12- or 13-inch pizza pan. Sprinkle with cornmeal. Pat pizza dough into pan, rounding corners of dough rectangle to fit pan and building up edges. If desired, snip edges with kitchen shears. Bake about 7 minutes or until lightly browned.

Spread crust with Alfredo sauce. Top with vegetable mixture and ham. Sprinkle with cheese. Bake for 10 to 12 minutes more or until golden. Let stand 5 minutes before cutting and serving.

Serves 4.

Nutrition Information Per Serving: Calories: 616; Cholesterol: 94 mg; Protein: 32 g; Fat: 26 g; Sodium: 1,836 mg; Fiber: 2 g; Saturated Fat: 12 g; Carbohydrates: 61 g

Ham 365: Enjoy Ham All Year

To help families enjoy the sweet and smoky flavor of ham every day, the National Pork Board created "Ham 365: Enjoy Ham All Year." The brochure will arm cooks of all ability levels with what they need to know about ham, including ham varieties, carving tips, specialty hams and leftover ideas. In addition, the brochure offers home cooks a number of easy-to-prepare ham recipes for everyday dining along with a variety of ham recipe ideas for the entire year.

To order the free brochure, and for hundreds of other meal ideas, visit TheOtherWhiteMeat.com and click on "Offers" on the menu bar. The recipe booklet also is available by sending a self-addressed mailing label to: Ham 365: Enjoy Ham All Year, National Pork Board, P.O. Box 9114, Des Moines, IA 50306.