

Kitchen Corner

Ham's The Easy Way To Make Meals More Memorable

(NAPSA)—If you're looking for a healthful, simple way to add flair and flavor to any meal, shine the spotlight on ham.

As an ingredient that is low in both fat and carbohydrates, and a great source of lean protein, ham is a quick and easy way to add valuable nutrition to a family's diet, say chefs around the country. Plus, with the option of being served hot or cold, ham is a versatile way to liven up any breakfast, lunch, dinner or brunch.

"Ham is often forgotten as a hearty, healthful and flavorful ingredient, but it offers almost unlimited recipe possibilities," says Philip Jones, a professionally trained chef, father of three and president of Jones Dairy Farm. "And because it's fully cooked, ham is perfect for quick everyday meals, no matter if you're eating for one or entertaining family and friends."

Whether it's added to soup, salad, pasta, eggs, sandwiches, pizza or eaten on its own, ham, as well as Canadian bacon, can make any mealtime memorable. Jones offers this recipe for "Supreme Salad," a delicious dish featuring Jones hickory-smoked ham, fresh seasonal vegetables and a tangy vinegar dressing.

Supreme Salad

- 4 pints mixed salad greens or torn Bibb lettuce**
- 2 cups Jones ham, julienne sliced**
- 16 asparagus spears, trimmed, cooked and chilled**



Hot or cold, versatile ham can add protein and taste to mealtime.

- 2 cups red or yellow cherry or teardrop tomatoes**
- 4 hard-cooked eggs, peeled and quartered**
- ¼ cup fresh tarragon, chopped**
- ¼ cup extra virgin olive oil**
- 2 tablespoons balsamic or raspberry vinegar**
- 1 clove garlic, minced**
- ½ teaspoon salt**
- ¼ teaspoon freshly ground black pepper**

Arrange greens over four large plates or bowls. Arrange ham, asparagus, cherry tomatoes and eggs over greens. Sprinkle tarragon over salads. Combine oil, vinegar, garlic, salt and pepper; mix well. Drizzle the dressing over salad. Makes four servings.

For dozens of easy-to-prepare recipe ideas featuring Jones ham and Canadian bacon, visit www.jonesdairyfarm.com.