

Nutrition News

This flyer offers recipes using food pantry foods; tips on saving time and money; and ways to make safe and healthy meals. You will find this flyer in your monthly food package.

TIPS TO CUT BACK ON SALT & SODIUM

We know salt and sodium is a taste many people have learned to enjoy. Most people eat too much sodium, and this can have harmful health effects. Take steps to reduce sodium, you'll actually start to appreciate foods for their true flavor. In time, you'll look forward to how food really tastes—not just the salty flavor.

1 read the label—Read the Nutrition Facts label to compare and find foods lower in sodium. You'll be surprised to find that even foods in the same group have different amounts of sodium.

2 think fresh—Choose fresh foods like fresh meat, fruits, and vegetables. Fresh foods are generally lower in sodium. Limit the amount of processed foods you eat and your portion size.

3 skip the salt—Avoid adding salt when cooking and eating. Specify how you want your food prepared when dining out. Ask for your dish to be prepared without salt.

4 enjoy home prepared foods—Take control of what's in your food by cooking more at home. Learn to use spices and herbs to enhance the taste of your food. Most spices naturally contain very small amounts of sodium, but read the label to be sure. Add fresh lemon juice instead of salt to fish and vegetables.

If you are cooking a dish that has a food item high in salt, like ham, be sure not to add any salt or high sodium items to the recipe. Other ways to make foods taste less salty is to add something sweet.

Soaking a ham overnight in cold water reduces the salt in the ham. Keep the ham submerged in water and refrigerated for 12 to 24 hours. Change the water that you are using to soak the ham every few hours to reduce the saltiness even more. If you are in a rush to cook the ham and still wish to curb some of the saltiness of the meat, soak the ham in hot water for a minimum of 10 minutes before cooking.

Scalloped Potatoes & Ham

Ingredients:

- ½ cup unsalted butter
- ½ cup flour
- ½ teaspoon pepper
- 3 cups milk
- 3 cups ham, cooked
- 1 large green pepper, chopped
- 1 large onion, chopped
- ½ cup cheddar cheese, shredded
- 5 cups potatoes, pared and sliced

Directions:

1. Melt butter in large sauce pan over low heat; blend in flour and pepper.
2. Cook, stirring constantly, for about 1 minute. Remove from heat, gradually stir in milk.
3. Return to heat; cook until thickened and bubbly.
4. Fold in ham, green pepper, onion, and cheese. Pour over potatoes in a large bowl.
5. Stir gently then move into a buttered 13 x 9-inch baking dish; cover with foil.
6. Bake at 350° for 30 minutes.
7. Uncover and continue to bake for 1 hour. Let stand for 10 minutes before serving.



Ham & Bean Soup

Ingredients:

- 1 pound dry great northern beans
- 8 cups water
- 1 cup chopped carrots
- ½ stalk celery, chopped
- 1 cup chopped onion
- 1 teaspoon minced garlic
- 1 teaspoon mustard powder
- 2 bay leaves
- 2 cups chopped ham
- ½ teaspoon ground white pepper

Directions:

1. Rinse the beans, sorting out any broken or discolored ones. In a large pot over high heat, bring the water to a boil. Add the beans and remove from heat. Let beans sit in the hot water for at least 60 minutes.
2. After the 60 minutes of soaking, return the pot to high heat and place the carrots, celery, onion, garlic, mustard and bay leaves in the pot. Stir well, bring to a boil, reduce heat to low and simmer for 60 more minutes.
3. Stir in the chopped ham and simmer for 30 more minutes. Season with ground white pepper to taste.



Pineapple Glaze for Ham

Ingredients:

- 1 (15.25 ounce) can sliced pineapple, drained with juice reserved.
- 1 cup brown sugar.

Directions:

1. Before baking ham, place pineapple slices on ham with toothpicks.
2. In a medium microwave safe bowl, combine brown sugar and reserved pineapple juice. Mix together and microwave for about 1 to 2 minutes, until mixture is thick. Pour some of this glaze over the ham about every 15 minutes in the last hour of baking, until all is used.



Ham Salad Sandwich

Ingredients:

- 2 cups leftover ham, chopped in a food processor
- 1 cup finely diced celery
- ¼ cup finely minced sweet onion
- 1 teaspoon mustard
- 2 hard-boiled eggs
- ¼ cup sweet pickle relish, drained
- ½ cup mayonnaise

Directions:

1. Mix all the ingredients until well blended.
2. Spread on bread.



About Our Organization. . . Have any questions or need more information?

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April 2014

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