

Slow-Cooked Sweet and Saucy Ham Sandwiches

Recipe of the Month – December 2012



Are you hungry for whole grains? This slow-cooked favorite feeds a hearty crowd with a good source of iron and whole grains.

Prep Time: 15 Min

Start to Finish: 5 Hr. 15 Min

Makes: 18 sandwiches

INGREDIENTS

1 1/2 pounds fully cooked smoked ham, chopped
1/2 cup packed brown sugar
1/2 cup Dijon mustard
1/4 cup chopped green bell pepper
1 tablespoon instant minced onion
1 can (20 ounces) crushed pineapple in juice, un-drained
18 whole wheat sandwich buns, split

DIRECTIONS

1. Mix all ingredients except buns in 3- to 4-quart slow cooker.
2. Cover and cook on Low heat setting 4 to 5 hours.
3. Stir well before serving. To serve, fill each bun with about 1/4 cup ham mixture, using slotted spoon. Ham mixture will hold on Low heat setting up to 2 hours; stir occasionally.

Recipe Provides: Grains 2oz-equivalents, Meat & Beans 1oz-equivalents

NUTRITION INFORMATION PER SERVING

Serving Size:	1 sandwich	Calories:	220	Calories from Fat:	50
Total Fat:	5 g	Saturated Fat:	1 1/2 g	Cholesterol:	20 mg
Sodium:	940 mg	Total Carbohydrate:	29 g	Dietary Fiber:	3 g
Sugars:	15 g	Protein:	14 g		



This recipe adapted from WWW.eatbetterearly.com