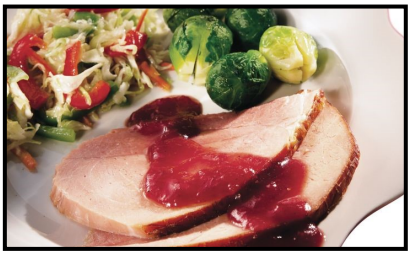
Cranberry Ham Slice

Adapted from USDA SNAP-Ed *Connections*

Ingredients

- 1 cup brown sugar, firmly packed
- 1/2 Tbsp. cornstarch
- 1/2 tsp. allspice
- 2 cups cranberry juice cocktail
- 2 Tbsp. lemon juice
- 1/4 cup raisins, seedless
- 2 ham slices, 1-inch thick



Total cost: $17.69 **Serving cost:** $ 2.95

Directions

Yield: 6 **Serving size:** 1/6 of recipe

1. Set dial of temperature controlled burner at 225°F. Combine brown sugar, cornstarch, and allspice in a saucepan.

2. Gradually add the next three ingredients and stir. Cook until sauce thickens and boils.

3. Place one slice of ham in greased baking dish. Pour one half of the sauce over the ham slice. Top with second slice. Add remaining sauce. 4. Bake, covered in 350°F oven for 45 minutes.

Visit **secondharvestkitchen.org** to find more recipes, free classes, and ways to get involved!

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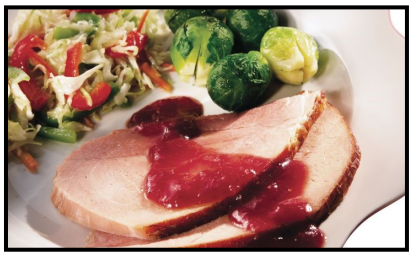

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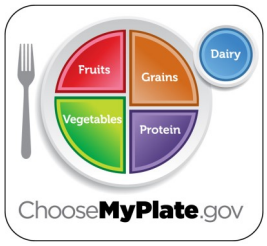
Fast Facts

Featured Food Groups



Cooking Tips

- Try adding other spices you like
- Use leftover turkey instead of ham

Nutrition Facts
Serving Size 1/6 of recipe (221g)
Servings Per Container 6

Amount Per Serving	
Calories 320	Calories from Fat 30
	% Daily Value*
Total Fat 3.5g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 850mg	35%
Total Carbohydrate 57g	19%
Dietary Fiber 0g	0%
Sugars 50g	
Protein 19g	
Vitamin A 0% •	Vitamin C 60%
Calcium 4% •	Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Second Harvest is an equal opportunity provider.

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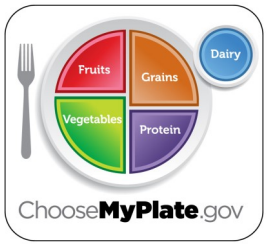

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Dietary Fiber 0g	0%
Sugars 50g	
Protein 19g	
Vitamin A 0% •	Vitamin C 60%
Calcium 4% •	Iron 6%

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