

TURKEY HAM, WATER ADDED

for use in the USDA Household
Commodity Food Distribution Programs

Rev. 07/08/08

Product Description

- **Turkey Ham** is ham made from turkey thigh meat. It is fully cooked and frozen and can be eaten right from the package, if desired.
- To seal in freshness and moisture, each turkey ham has been individually wrapped and vacuum packed. The wrapping should be removed before serving.
- Each turkey ham weighs about 2 pounds.

Yield

- Each 2-lb turkey ham will yield about sixteen 2-oz servings.

Storage

- Keep turkey ham frozen at 0 °F or below in its original packaging.
- Store leftover turkey ham in a non-metallic covered container and refrigerate. Use within 3 days.

Note: The Best If Used by (BIUB) date labeled on the package is an indicator of when foods should be consumed for maximum quality and is not a exact expiration date. The BIUB date is a tool, not a rule.

Preparation

- Thaw turkey ham in its original package in the refrigerator on a plate or platter. Set on the lowest shelf away from other foods.
- Allow 3-5 hours per pound thawing time.
- For food safety reasons, **do not** thaw the turkey ham at room temperature.

Cooking

- **TO HEAT:** Remove wrapping. Place turkey ham, thawed or frozen, in pan and cover. If frozen, cook in an oven for 3½-4 hours at 325 °F. If thawed, cook in an oven for 75-90 minutes at 325 °F.
- Cook turkey products to an internal temperature of 165 °F for 15 seconds. Judge doneness by temperature, not the color or texture of the food.



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Uses and Tips

- Because this ham has been fully cooked, it can be served cold, without further cooking.
- Add diced turkey ham to vegetable soups and casseroles to make a complete meal.
- Use sliced turkey ham for sandwiches
- Add strips or diced turkey ham to tossed green salads or pasta salads.
- Use diced turkey ham in omelets, scrambled eggs, and egg casseroles.
- Use diced turkey ham as a topping on pizza or baked potatoes.

Nutrition Information

- **Turkey Ham** is 95% fat-free.
- 1 ounce of cooked turkey ham counts as 1 ounce-equivalent from the **MyPyramid.gov** Meat and Beans group.

| Nutrition Facts | |
|------------------------------|-------------------|
| Serving size 2 ounces (57g) | |
| Amount Per Serving | |
| Calories 80 | Fat Cal 27 |
| % Daily Value* | |
| Total Fat 3g | 5% |
| Saturated Fat 1g | 5% |
| Cholesterol 35mg | 12% |
| Sodium 600mg | 26% |
| Total Carbohydrate 1g | 0% |
| Dietary Fiber 0g | 0% |
| Sugars 1g | |
| Protein 12g | |
| Vitamin A 0% | Vitamin C 0% |
| Calcium 0% | Iron 7% |

*Percent Daily Values are based on a 2,000 calorie diet.

(See recipes on reverse side)

Turkey Ham Recipes

Turkey Ham and Beans

1 lb. dry great northern beans
½ lb. Turkey Ham, diced
1 small onion, diced or 1 teaspoon onion powder
½ teaspoon pepper (black or cayenne)
¼ cup brown sugar
Optional: ½ teaspoon baking soda

1. Rinse beans in a large pot; discard shriveled beans and any small stones. Add 8 cups of cold water and baking soda (it reduces the gassy effects of the beans). Let stand overnight or eight hours. Drain and rinse beans.
2. Return beans to pot and add Turkey Ham, onion, brown sugar, salt, pepper, and water to cover.
3. Bring to a boil; reduce heat and simmer 1½ to 2 hours, until beans are tender. Add more water if necessary during cooking time.

Recipe provided from Allrecipes.com has been modified.

Makes 8 servings

Nutrition Information for each serving of Turkey Ham and Beans:

| | | | | | | | |
|-------------------|-------|--------------------|--------|-----------|--------|---------|--------|
| Calories | 251 | Cholesterol | 20 mg | Sugar | 6.6 g | Calcium | 109 mg |
| Calories from Fat | 18 | Sodium | 326 mg | Protein | 17.5 g | Iron | 3.9 mg |
| Total Fat | 2.0 g | Total Carbohydrate | 42 g | Vitamin A | 2 RE | | |
| Saturated Fat | 0.6 g | Dietary Fiber | 11.8 g | Vitamin C | 6.6 mg | | |

Jambalaya Salad

1⅓ cups of water
1 cup chopped fresh tomato or 1 (15.5 ounce) can of chopped tomato (drained)
⅔ cup uncooked long-grain white rice
½ cup Turkey Ham, cubed
½ cup green bell pepper, chopped
¼ cup celery, sliced
¾ cup light Italian salad dressing
1 teaspoon garlic powder
¼ teaspoon chili powder

1. In a medium saucepan, bring water to a boil. Stir in rice. Cover, reduce heat, and simmer 20 minutes.
2. In a large bowl, combine the cooked rice, Turkey Ham, bell pepper, onion, celery, and tomatoes.
3. In a separate bowl, prepare the dressing by whisking together the salad dressing, chili powder, and garlic powder. Pour over rice mixture and toss to coat.
4. Cover, and chill in the refrigerator until serving

Recipe provided from Allrecipes.com has been modified.

Makes 6 servings

Nutrition Information for each serving of Jambalaya Salad:

| | | | | | | | |
|-------------------|-------|--------------------|--------|-----------|-------|---------|--------|
| Calories | 166 | Cholesterol | 14 mg | Sugar | 3.6 g | Calcium | 26 mg |
| Calories from Fat | 51 | Sodium | 447 mg | Protein | 5.7 g | Iron | 1.6 mg |
| Total Fat | 5.6 g | Total Carbohydrate | 23 g | Vitamin A | 47 RE | | |
| Saturated Fat | 0.8 g | Dietary Fiber | 1.6 g | Vitamin C | 17 mg | | |

These recipes, presented to you by USDA, have not been tested or standardized.

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