

Zesty rhubarb sauce covers ham

An old favorite, ham loaf, takes on a new taste and appearance when a touch of spring, a sweet 'n tangy, maple-rhubarb sauce, is added. Try it and you'll want to make it often.

It's an economical and easy main dish. Quick or old fashioned oats (also a source of 7 B vitamins, vitamin E and 9 minerals) extend the meat into extra portions, a budget consideration. Prepared mustard, chopped onion and parsley flakes give the loaf its unique flavor. Working women will appreciate the fact that the loaf can be mixed and shaped in the morning and stored in the refrigerator until ready to bake. After work, they just pop the loaf into the oven.

While the loaf bakes, the sauce, the crowning glory, is prepared. Three simple ingredients, chopped rhubarb, maple flavored table syrup and water, are simmered into a bright sauce. At serving time, spoon half of it on the loaf and pass the rest of it in a dish. Ham Loaf with

Rhubarb Sauce is a moist, mouth-watering main dish that truly celebrates spring!

HAM LOAF WITH RHUBARB SAUCE

Ham Loaf:

- 2 eggs
- 1/2 cup milk
- 1 tablespoon prepared mustard
- 1/4 cup quick or old fashioned oats, uncooked
- 3/4 cups finely chopped cooked ham
- 1 tablespoon chopped onion
- 1 tablespoon dried parsley flakes

Rhubarb Sauce:

- 2 1/2 cups chopped rhubarb
- 1/2 cup maple flavored table syrup
- 2 tablespoons water

For ham loaf: Heat oven to 350° F. Line 8x4-inch loaf pan with foil, allowing edges of foil to extend over sides of pan; grease well. In large bowl, combine eggs, milk and mustard; mix well. Stir in oats; let stand 5 minutes. Add ham, onion and parsley; mix well. Place ham mixture in loaf pan. Bake 45 minutes. Meanwhile, prepare rhubarb sauce.

For rhubarb sauce: In medium saucepan, bring all ingredients to a boil. Reduce heat. Simmer 5 to 7 minutes or until thickened, stirring occasionally. Remove ham loaf from oven; let stand for 10 minutes. With edges of foil, gently lift ham loaf from pan to serving plate; remove foil. Spoon half of sauce over ham loaf; serve with remaining sauce.

Makes 4 to 6 servings.



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PEANUT SPREAD CANDY BARS

- 1 cup dark corn syrup
- 1/2 cup white sugar
- 1/2 cup packed brown sugar
- 1 teaspoon vanilla
- 1 cup peanut spread
- 6 cups corn flakes
- 1 cup peanuts (optional)
- 1 package (12 oz.) chocolate chips

Combine corn syrup, sugars and vanilla in large 3-quart saucepan, bring to a rolling boil. Remove from heat and quickly stir in peanut spread, corn flakes and peanuts. Spread mixture evenly and firmly in a buttered 10 1/2 x 15 1/2-inch jelly roll pan. Sprinkle chocolate chips evenly over top. Place pan in 350° oven until chocolate chips soften, about 60 seconds. Spread softened chocolate evenly over bars. Cut into 1 1/2 x 3-inch bars. Chill to set.

Yield: 35 candy bars.

Note: For ease of handling peanut spread mixture use back of buttered spoon or press peanut spread mixture into pan with large piece of waxed paper.

COOKING CORNER

Use up that leftover holiday ham with this quick and simple recipe for Pineapple Curry Ham. It makes a perfect weeknight supper meal. The recipe calls for a half teaspoon of curry powder, but curry lovers will want to season to taste.

PINEAPPLE CURRY HAM

- 2 cups ham chunks
- 2 tablespoons butter
- 1/2 teaspoon curry powder
- 1 can (20 oz.) Dole Chunk Pineapple in Syrup
- 1/2 cup chopped chutney
- 1/4 cup chopped green onions
- Hot fluffy rice

Sauté ham in butter until lightly browned. Stir in curry powder, blending well. Drain pineapple, reserving 1/2 cup syrup. Stir in pineapple syrup and chutney. Fold in pineapple. Simmer 5 to 6 minutes to blend flavors. Sprinkle with green onions. Serve over hot fluffy rice. Makes 4 servings.

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