

Quick Ham Recipes



Breakfast Pita

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| 4 | whole wheat pita bread | 1 | cup peas, fresh or frozen |
| 4 | slices ham | 1 | juice of 2 lemons |
| 4 | slices provolone cheese | 1 | teaspoon sea salt |
| | Salt and pepper to taste | 1 | teaspoon ground black pepper |
| 1 | thinly sliced granny smith apple | 1 | cup mint, chopped |
| | Apricot preserves | 1 | cup basil, chopped |

Preheat oven to 350°F. Lay a slice of ham, cheese and thinly sliced apple inside each pita. Wrap each pita in aluminum foil. Warm in oven for 10 minutes or until cheese is melted. Cool as needed and enjoy.

Ham Linguine

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| 2 | cups ham, shredded |
| 1 | pound linguine |
| 4 | tablespoons virgin olive oil |
| 3 | garlic cloves, minced |
| 2 | tablespoons capers |

While pasta is cooking, heat 2 tablespoons olive oil in a non-stick skillet over medium-high heat. Sauté garlic. Add ham and continue to sauté until ham begins to brown. Finally add capers and peas, sauté for one more minute. While skillet is still hot, drain pasta and add to ham mixture. Add lemon zest, juice, salt, pepper and 2 more tablespoons of olive oil. Sauté for 1-2 minutes to let flavors combine. Remove from heat and toss with herbs. Serve immediately.

For more easy recipes for family meals visit www.HamIdeas.com.

Slimming Secrets

Banana fiber creates extra bulk in the stomach, allowing participants to feel full longer — and less hungry overall. The fiber acts like an internal accelerator that pulls some of the fat in the stomach through the digestive system before it can be absorbed. Increasing consumption of fruits and vegetables in general, and bananas in particular, can help support healthy, sustainable weight loss.

Slimmers can begin each day with two bananas and at least eight ounces of water. Follow with lunch and dinner recipes that combine lean chicken or fish with fresh fruits and vegetables, low-fat cheeses, wheat pasta, long-grain rice and salads. Boost your energy and improve their overall health while you lose weight.



Lunch

CARIBBEAN BLACK BEAN AND FRUIT SALAD

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| 1 | can (15 ounces) black beans, drained |
| 2 | tablespoons prepared salsa |
| 1 | tablespoon chopped fresh cilantro |
| 1 | tablespoon finely chopped red onion |
| 1/2 | teaspoon grated orange peel |
| 1 | tablespoon lime juice |
| 1/4 | teaspoon ground cumin |
| 1 | ounce feta cheese, crumbled (optional) |
| 1 | large Banana, sliced |
| 1 | Orange, peeled and sliced |

Combine beans, salsa, cilantro, onion, orange peel, lime juice and cumin in large bowl. Spoon onto lettuce-lined platter. Sprinkle cheese on top of salad, if desired. Arrange banana and orange slices alongside of salad. Squeeze additional lime juice over bananas.



Afternoon Snack

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| 1/4 | cup almonds |
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Dinner

PINEAPPLE SALSA CHICKEN

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| 6 | boneless, skinless chicken breasts |
| 2 | cups chunked, fresh Pineapple* |
| 1/4 | cup Pineapple juice |
| 1/2 | cup finely chopped Red Bell Peppers |
| 1/4 | cup f chopped Green Bell Pepper |
| 1 | tablespoon chopped Green Onion |
| 2 | teaspoons chopped fresh cilantro or parsley |
| 2 | tablespoons chopped jalapeño chilies |

Grill or broil chicken 5 to 10 minutes on each side or until chicken is no longer pink in the center. Combine pineapple chunks, juice, bell pepper, onions, cilantro and chilies in bowl. Serve salsa with grilled or broiled chicken.

*May substitute 1 can (20 ounces) Pineapple, chunked, drained.

For more information on the Banana Diet go to www.dole.com/bananas or on Facebook at www.facebook.com/DOLEbananas.

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3-21-12