

## **Ham Salad**

Courtesy of Carole's Creations

Prep Time: 20 minutes

Standing Time: 1 hour before serving

Makes: 5 cups

**CChints:** Ham salad has been around for years. It has many uses only a few are appetizers, sandwiches and salads. It is important that you start out with a good precooked boneless ham.



- 1 to 1-1/4 pound fully cooked ham
- 1 cup celery, diced
- 1/2 cup green onion, diced, white parts optional
- 1/4 cup sweet pickle relish
- 1/2 cup red bell pepper, diced
- 2 Tablespoons fresh lemon juice
- 2/3 cup reduced fat mayonnaise
- 4 teaspoon prepared yellow mustard

Cut the rind off the ham and cut it into 1 inch pieces. Use a food processor to chop the ham and since this is a lot of ham, you will want to divide it up into 2-3 segments. After each chopping, empty it into a large mixing bowl. When you are finished with the ham, stir in the celery through bell pepper.

In a small mixing bowl blend together the lemon juice through mustard. Pour this dressing mixture over the ham mixture and blend well. Pour into an airtight bowl and apply the cover. Refrigerate at least 1 hour before serving to allow the flavors to blend.

Appetizers:

- Add a spoon full on your favorite party cracker right before serving time.
- Stuff in celery that has been cut into 2 inch long pieces

Sandwich:

- Spread on your favorite bread, add lettuce and serve with pickles and chips

Salad:

- Put salad greens on a plate and toss with your favorite mild dressing. Add a scoop of ham salad and top with red onion slices. Serve with crackers.