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HEAVENLY DISHES TO SERVE WITH HAM

Ham is a perfect item to serve during the holidays. A favorite in our family, it has become a Christmas Eve tradition. I love it because I can serve it cold and just pull it out of the fridge when we return from church services. A few side dishes, most of them cold, make a delicious and easy meal to get on the table. To round out the meal I add a fruit based dish for variety and extra nutrition. Fruit has a naturally sweet taste that compliments the salty ham and serves the place of dessert.

Enjoy these favorite recipes to serve with ham. Happy Holidays!

PINEAPPLE CASSEROLE

2 (20 ounces) cans of pineapple tidbits, drained
2 cups grated sharp cheese
3/4 cups sugar
3 tablespoons flour
20 Ritz crackers
1 stick margarine, melted

Drain pineapple. Mix pineapple and cheese together. Mix sugar and flour together and sprinkle on pineapple mixture. Stir well and pour into large baking casserole dish. Crumble Ritz crackers and sprinkle on top. Melt margarine and pour over casserole. Bake at 350° for 30 minutes.

EASY SPICED BAKED PEACHES

1 can (15 ounces) peach halves packed in light syrup, undrained
1/4 cup sugar
3 tablespoons margarine
2 tablespoons lemon juice
12 whole cloves
6 (3-inch) sticks cinnamon, broken into pieces
Ground nutmeg (garnish)

Drain peaches, reserving syrup. Set peaches aside. Add enough water to syrup to make 2/3 cup. Combine syrup mixture, sugar, margarine, and lemon juice in a small saucepan. Cook over medium heat just until margarine melts, stirring often. Place cloves and broken cinnamon sticks on a square of cheesecloth; tie with string. Add spice bag to syrup mixture; bring to a boil. Reduce heat and simmer, uncovered, 15 minutes. Remove and discard spice bag. Preheat oven to 350°. Place peach halves, cut side up, in an ungreased 1-quart baking dish. Spoon syrup mixture over peaches. Bake, uncovered, for 20 minutes. Sprinkle with nutmeg before serving. Serves 4.

PINEAPPLE DELIGHT SALAD

1 (20 ounces) can of crushed pineapple
1 large package of orange gelatin
2 cups buttermilk
1 (8 ounce) container whipped topping
1 cup chopped walnuts (optional)

Place pineapple in double boiler. Dissolve gelatin in pineapple and slowly bring to a boil. Let gelatin mixture cool on the counter and add 2 cups of buttermilk. Place into refrigerator for 30 minutes until it begins to congeal. Add whipped topping and nuts folding in until mixture is smooth. Place back into refrigerator and congeal until ready to serve. Cut into squares.

Deborah Rhoades, MA, RD, LDN, is a licensed Registered Dietitian and Extension Educator in Family and Consumer Sciences. For more information about the University of Maryland Extension Frederick County Office check out our website <http://Frederick.umd.edu>

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