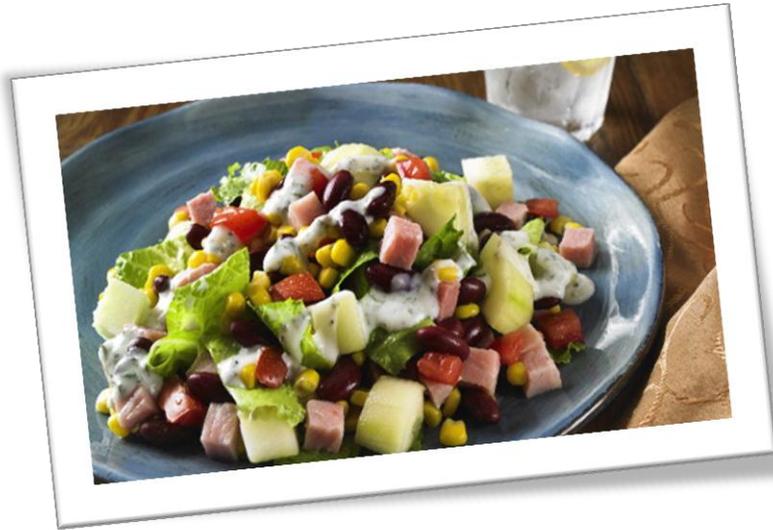


Ham & Corn Salad with Buttermilk Ranch Dressing

Healthy Cooking in the Classroom



Bits & Tips

Get 5 servings a day of protein, a serving size is 1 oz. of meat, 1 egg, ¼ cup beans, 1TBSP peanut butter, or ½ ounce of nuts or seeds

When preparing meat for recipes, it is typically raw. Because raw meat may contain bacteria, it is best to keep it away from all other foods until the meat is cooked.

Often different cutting boards are used; one for meat and one for all other items. Our ham in today's recipe was precooked before being packaged so we don't need to worry about cross contamination.

Always wash your hands with warm water and soap for at least 20 seconds after handling raw meat.

Try saving this salad in the refrigerator to use with other meals

Proteins are the building blocks of our bodies- bones, muscles, skin, cartilage, and blood

Try to eat a variety of protein during the week, including fish and seafood

Protein offers nutrients such as B Vitamins, Iron, and Zinc

Some proteins are high in fat and cholesterol- lean cuts of meat are better choices for overall health

Here's What You Need:

- ½ cup low-fat buttermilk
- 2 Tbsp. fat-free plain yogurt
- 1 tsp. lemon juice
- 2 tsp. dried chives
- ½ tsp. salt free Italian seasoning blend
- ½ tsp. garlic powder
- ¼ tsp. ground black pepper
- 15.25 oz. can no salt added corn
- 1 ¼ cup frozen corn
- 15.5 oz. can low sodium red kidney beans
- 2 tomatoes
- 1 large cucumber
- 1 cup thick cut ham (cubed)
- 6 cups lettuce or spinach

Here's What You Do:

1. Wash the tomatoes, lettuce, & cucumber, then chop as we practiced today in class, set aside.
2. In a small bowl, combine the first 7 ingredients in the list above. Use a fork to stir.
3. In a medium to large bowl, combine the drained corn and kidney beans.
4. Add the tomatoes & cucumber to the corn & beans.
5. Add the ham to the vegetable mixture.
6. Make a bed of lettuce on a plate. Spoon vegetable and ham mixture on top. Drizzle buttermilk ranch dressing over the top.

Our Snack today has:

Approximately 283 calories,
45 g. carbohydrate, 11 g. sugar,
3 g. total fat, 22 g. protein, 9 g. fiber

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