

Amped-Up Ham Sandwiches

It's time to get creative with your lunch. Ham is a delicious and nutrient-rich form of pork, and a perfect centerpiece for sandwiches. You can buy deli ham, cook a whole ham and slice it, or even use canned ham!

On its own, ham has great nutritional value. It's an excellent source of protein, which plays a role in building muscles. Ham is also a good source of zinc, which helps support your immune system, and other vitamins that give you energy and keep your body moving.

When you add vegetables and dairy products like cheese, then wrap your sandwich in a whole grain package, you're creating a more balanced meal. Below are some ideas for "amped-up" ham sandwiches sure to tickle your taste buds and fuel your health.

Ham Sandwich Ideas

- **The Classic:** Place slices of ham and Swiss cheese on whole grain bread and top with lettuce, tomato, and pickles. Spread mustard on the bread for extra flavor!
- **Pita-Licious:** Fill pita pockets with ham, sliced apples, cucumbers, and honey mustard for a perfect combination of sweet, salty, and sour.
- **Grill It:** Layer ham, cheddar cheese, and avocado slices on your favorite bread, spread a thin layer of butter on the outsides of the bread, and grill to melty deliciousness!
- **Hawaiian Ham Burrito:** Stir together chopped ham, lowfat mayo, pineapple chunks, and diced red onion. Serve in a whole wheat wrap.

Design Your Own Ham Sandwich

Directions: Create a brand new ham sandwich that includes at least two of the following add-ons: vegetables, whole grains, and dairy. The more creative you can be, the better!

Name of My Sandwich: _____

Ingredients:

_____	_____
_____	_____
_____	_____

Preparation: _____

Why My Sandwich is Healthy and Delicious: _____

