
Country Ham Spread

Margaret M Bristow

Party Recipes from the Charleston Junior League - 1993

1 1/2 cups ground country ham

3 ounces cream cheese, room temperature

1/4 cup chopped pecans

1 teaspoon Dijon mustard

Place the ham, cream cheese, pecans and mustard in the bowl of a food processor. Process until smooth.

Serve with stoned wheat crackers.

Yield: 2 cups

Appetizers

Per Serving (excluding unknown items): 499 Calories; 50g Fat (86.9% calories from fat); 9g Protein; 8g Carbohydrate; 2g Dietary Fiber; 93mg Cholesterol; 314mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 9 1/2 Fat; 0 Other Carbohydrates.