

Aunt Jeannines Ham Cubes with Sweet and Sour Sauce

Mrs Walter R Crump

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SAUCE

*1 cup pineapple chunks in
juice, reserve the syrup*

1/2 cup vinegar

1 cup water

2 tablespoons cornstarch

*1 green pepper, cut
disgonally in 1" pieces*

*1/4 cup brown sugar
soy sauce (to taste)*

In a saucepan, mix the vinegar, brown sugar and water. Stir over medium heat until it boils. Add the cornstarch mixed with the reserved pineapple syrup. Add the soy sauce, pineapple chunks and green pepper. Cook and stir until thickened.

After you have removed all of the nice ham slices from a ham, cube the meat that cannot be sliced. Add to the sauce.

Serve over a bed of rice.

(The ham and sauce will freeze beautifully.)

(This is a nice dish served with melon balls of watermelon, canteloupe or honeydew.)

Per Serving (excluding unknown items): 396 Calories; trace Fat (0.9% calories from fat); 2g Protein; 104g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 29mg Sodium. Exchanges: 1 Grain(Starch); 1 Vegetable; 2 1/2 Fruit; 3 Other Carbohydrates.