

# Breaded Ham Croquettes

Colleen R Shields

*The Pennsylvania State Grange Cookbook (1992)*

## Servings: 4

*2 cups cooked ground ham*

*1 cup mashed potatoes*

*1 tablespoon onion,  
chopped*

*1 tablespoon celery,  
chopped*

*salt (to taste)*

*pepper (to taste)*

*1 tablespoon water*

*1 egg, beaten*

*1/2 to 1 cup fine dry bread  
crumbs*

In a bowl, combine the ham, potatoes, onion, parsley, salt and pepper. Mix well.

Chill in the refrigerator until firm.

Shape into eight croquettes.

In a small bowl, beat the water and egg. In another shallow bowl, place the bread crumbs.

Dip the croquettes into the egg mixture and then dredge in the bread crumbs.

Fry in a small amount of hot oil in a skillet until golden brown.

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Per Serving (excluding unknown items): 61 Calories; 2g Fat (35.3% calories from fat); 3g Protein; 7g Carbohydrate; 1g Dietary Fiber; 54mg Cholesterol; 142mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1/2 Fat.