

Betty's Ham Salad & Ham Salad Sandwich Recipe



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In this video, Betty demonstrates how to make ham salad and serve it as a sandwich, as well as a salad. Either way, it makes a light, but filling, tasty lunch!

Ingredients:

- 5 oz. chunk ham (I used Hormel smoked ham, but you can use leftover ham that is cut in small pieces.)
- 1 hard-boiled egg, finely chopped
- 1/4 cup sweet pickle relish
- 1/4 cup mayonnaise
- 4 or 5 lettuce leaves, washed and dried with a paper towel
- about 2 thin slices tomato
- 2 slices 100% whole wheat bread, frozen

In a small to medium-sized bowl, combine 5 oz. chunked ham, 1 chopped hard-boiled egg, 1/4 cup sweet pickle relish, and 1/4 cup mayonnaise. Mix well. If you like your ham salad very smooth, then blend it with a mixer at this point. To serve as a salad, place a generous mound of the mixture on a couple of lettuce leaves. Arrange some slices of apple on each side, and place some banana slices in an attractive way--a very healthy light lunch! To make your ham salad into a sandwich, spread your ham mixture onto one slice of frozen whole wheat bread. (Using frozen bread allows you to spread fillings easily, and it thaws very quickly for eating, when at room temperature.) Dress your sandwich by adding a couple of leaves of lettuce and a couple of slices of fresh tomato. Cap your sandwich off with the other slice of whole wheat bread. Cut the sandwich into two halves, cutting diagonally. Place your sandwich on a plate, with a few sweet midget pickles and some vegetable chips. Another light and healthy lunch!