5 Healthy Ham Leftover Ideas

Hello [[firstname]],

On the blog today, you learned all about Healthy Ham Comfort Casseroles to Try With Leftovers.

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Now let’s discuss some other ways you can use all that leftover ham for healthy meal options.

**1. Ham and Cranberry Sandwich**

A good way to use up your leftover ham is to make a sandwich. This can be a holiday leftovers sandwich that isn’t too unhealthy because you are choosing what you want to include in the sandwich. To make it healthier, use whole grain bread and add the ham with some of your cranberry sauce. The sauce is going to replace more fattening condiments like mayonnaise. You can leave off the cheese, and instead add some vegetables to your leftovers sandwich.

**2. Pea Soup With Ham**

Split pea soup is an excellent option when you want some comfort food but you don’t want a thick, creamy soup that has a lot of cheese and dairy. Split pea soup uses a lot of peas, so you get your vegetables, while also adding diced ham to the soup. Some ingredients typically used in this soup are onions and carrots, celery, olive oil, salt and pepper, and garlic.

**3. Cauliflower Ham Casserole**

When you want to make a casserole with the leftover ham, but keep it healthy, you should combine it with veggies. This is a great way to turn it into a healthy dinner without needing to use a lot of potatoes, pasta, or rice to beef it up. The cauliflower is not only the primary vegetable, but it replaces all of these other carbohydrates. Add in your cauliflower and ham, then add something cream-based, almond milk, egg, garlic, and minced onion.

**4. BBQ Ham and Pineapple**

You may not want to simply make a casserole, but create a fun little meal or appetizer that has a different flavor. The combination of ham, pineapple, and barbecue sauce is perfect. You can either combine these ingredients together and turn it into a fun side dish or light lunch, or make it fun by placing the items on kabob skewers. You just alternate between ham soaked in barbecue sauce and pineapple chunks on the skewers.

**5. Corn Chowder With Ham**

Corn chowder might not seem that healthy, but you are going to increase the nutrition by adding in some more vegetables and having more protein with your leftover ham. You will not only have corn in it, but will also add any other chopped veggies you like or that are also leftover.

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