



**National Eat Together Week  
Dinner Recipes**

Cook Once, Eat Thrice: Ham Dinner,  
Brilliant Breakfast Quiche & Pea Soup

Bacon Pasta Delight

Sausage and Pepper Hoagies

Best Ribs

Grilled Cheese Casserole

*Recipes courtesy of Darla Shine, author of Happy Housewives*

## **Cook Once, Eat Three Times – Ham Dinner to Brilliant Breakfast Quiche to Pea Soup**

### Ham

1 6-8 pound fully-cooked, bone-in ham  
6 garlic cloves, peeled  
1 large onion, halved and slice 3/8 inch thick  
4 celery stalks, sliced into 2-inch pieces  
2 Granny Smith apples, cored and sliced  
6 carrots, cut into 2-inch pieces and halved lengthwise  
3 fresh rosemary swigs  
1/2 cup fresh parsley  
1/2 lemon, juice  
1 tablespoon olive oil  
Freshly ground black pepper

### Quiche

2 cups leftover ham (from above recipe), cut into 1/2 -inch cubes  
4 eggs  
1 1/2 cups half and half  
1/2 cup cheddar cheese, shredded  
1/2 cup mozzarella cheese, shredded  
1 teaspoon kosher salt  
1 tablespoon olive oil  
2 tablespoons butter  
1/2 cup white onion, chopped  
2 cups fresh broccoli florets, cut into 1-inch pieces  
2 8-ounce frozen deep-dish pie shells, thawed  
Freshly ground black pepper

### Pea Soup

1 leftover ham bone  
2 cups 3/4-inch cubed leftover ham (about 10 ounces)  
2 1/4 cup dry green split peas (1 pound)  
6 cups of water  
2 tablespoons olive oil  
3 celery stalks, sliced  
1 white onion, chopped  
3 cloves garlic, minced  
1 tablespoon butter  
1 teaspoon kosher salt  
3 to 4 cups of chicken broth  
3 medium carrots, thinly sliced  
2 medium white potatoes, peeled and cut into 1/2-inch cubes  
1 large bay leaf  
1 cup herb seasoned croutons  
1/4 cup fresh parsley, chopped  
Freshly ground black pepper to taste

To make the ham:

Preheat oven to 350 degrees F.

Place ham, faced down, on rack in shallow baking pan. Make 6 small slits in surface of ham; push a garlic clove into each slit.

Place carrots, celery, apples, onion, parsley and rosemary around ham in pan. Pour lemon juice over vegetables. Drizzle and rub olive oil over surface of ham. Lightly sprinkle ham with black pepper. Cover pan tightly with heavy foil.

Bake in heated oven for 1 3/4-3 1/2 hours or until an instant read thermometer inserted in thickest portion (not touching bone) register 140 degrees F (about 25 minutes per pound).

Transfer ham to carving board; discard vegetables. Loosely cover ham with foil. Let rest for 10-15 minutes before slicing.

Place leftover ham and bone in a tightly covered container and refrigerate for up to 3 days. Use for breakfast quiche and pea soup.

Makes 16 servings.

**Nutritional Information per Serving:**

Calories: 360

Fat: 24g

Saturated Fat: 8g

Cholesterol: 110mg

Sodium: 1870mg

Carbohydrates: 8g

Protein: 30g

To make the quiche:

Preheat oven to 350 degrees F.

In a large bowl, mix eggs, half and half, cheddar cheese, mozzarella cheese and kosher salt. Set aside.

Heat olive oil and 1 tablespoon of butter in a sauté pan over medium heat. Add broccoli and onion. Cook over medium heat for five minutes, stirring occasionally.

Add the diced ham and remaining 1 tablespoon of butter to the onion and broccoli mixture. Cook for about 3 more minutes.

Spoon ham-vegetable mixture evenly in the 2 pie shells. Pour egg mixture evenly over ham-vegetable mixture. Lightly sprinkle tops of quiches with pepper.

Bake in preheated oven for 35 minutes. Transfer quiches to cooling rack; let cool about 15 minutes before serving.

Makes 2 quiches, 6 servings each.

**Nutritional Information per Serving:**

Calories: 270

Fat: 18g

Saturated Fat: 8g

Cholesterol: 115mg

Sodium: 420mg

Carbohydrates: 14g

Protein: 13g

To make the pea soup:

Sort and thoroughly rinse split peas in colander under cold running water. Place peas in stock pot or 4-or 6-quart Dutch oven. Add ham bone and 6 cups of water. Bring to boil; reduce heat. Cover and simmer for 30 minutes.

Meanwhile, heat olive oil and butter in a large skillet over medium heat. Sauté celery, onions, garlic. Cook over medium heat for 5-8 minutes, stirring occasionally.

Add celery mixture to pea mixture in soup pot. Stir in 3 cups chicken broth, carrots, potatoes, salt and bay leaf. Bring to boil; reduce heat. Cover and simmer for 30-40 minutes or until peas are very soft and break apart when mixture is briskly stirred. Stir in ham the last 5 minutes of cooking.

Remove ham bone from soup and remove any meat from bone and return the meat to the soup mixture. Discard bone. Remove and discard bay leaf. Briskly stir soup mixture with wooden spoon to break up peas. If necessary, stir in enough of the remaining 1 cup chicken broth to make soup of desired consistency. Season to taste with pepper.

To serve, ladle soup into bowls. Top each with a few croutons and sprinkle with parsley.

For thinner soup an additional 1 cup of chicken broth 10 minutes before serving.

Makes 8 servings.

**Nutritional Information per Serving:**

Calories: 390

Fat: 10g

Saturated Fat: 2.5g

Cholesterol: 35mg

Sodium: 410mg

Carbohydrates: 50g

Protein: 28g

## **Bacon Pasta Delight**

8 strips thinly sliced bacon  
1 1-pound box dry angel hair pasta  
1/2 of a white onion, very thinly sliced into rings  
1/2 teaspoon kosher salt  
3 garlic cloves, thinly sliced  
3/4 cup heavy whipping cream  
1/2 cup lower sodium chicken broth  
1/4 cup fresh parsley, plus extra for garnish  
1/2 cup parmesan cheese, plus extra for garnish  
1/4 cup  
1 egg  
Freshly ground black pepper to taste

Prepare angel hair pasta according to directions on box. If necessary, cover to keep warm.

Meanwhile, place bacon in cold 12-inch, deep skillet; cook bacon over medium heat until crisp. Transfer bacon to a plate lined with paper towels, reserving 3 tablespoons bacon drippings in skillet. Pat excess fat from bacon using additional paper towels. When cool, break or cut bacon into 1/2-inch pieces; set aside.

Cook onion in bacon pan with drippings over medium heat for 4 minutes stirring occasionally. Stir in garlic and salt. Continue cooking about 1 minute more or until onion begins to become translucent.

Stir cream, chicken broth and parsley into onion mixture. Bring mixture just to boil; reduce heat to a simmer. Add Parmesan cheese. Stir well, scraping bits from bottom of skillet.

Drain pasta and add to onion mixture. Beat 1 egg in a small bowl and then pour over the pasta mixture. Gently toss until evenly coated. Mix well and remove mixture from heat. Add bacon into pasta. Lightly sprinkle with pepper and additional parsley and Parmesan cheese.

Makes 8 servings.

### **Nutritional Information per Serving:**

Calories: 330

Fat: 16g

Saturated Fat: 8g

Cholesterol: 75mg

Sodium: 490mg

Carbohydrates: 32g

Protein: 15g

## **Sausage and Pepper Hoagies**

8 links of Italian pork sausage, fresh or fully-cooked  
5 to 6 tablespoons olive oil  
1 medium red bell pepper, cut into 3/8-inch-thick strips  
1 medium green bell pepper, cut into 3/8-inch-thick strips  
1 medium yellow bell pepper, cut into 3/8-inch-thick strips  
4 garlic cloves, thinly sliced  
1 large red onion, cut into 1/4-inch-thick strips  
1 teaspoon kosher salt  
1 14 1/2-ounce can of crushed tomatoes  
6 six-to-eight inch hoagie rolls  
Freshly ground black pepper, to taste

Preheat oven to 375 degrees F.

Place sausage links in large saucepan. Add 6 cups water. Bring to boil; reduce heat. Cover and simmer for 8-10 minutes or until an instant-read thermometer inserted near centers registers 160 degrees F. Transfer sausages to cutting board and cut into 1-inch-thick slices..

In a large glass or stainless steel baking pan, add the olive oil, red, green and yellow sliced peppers, garlic, red onion, and salt. Add sliced sausage and undrained tomatoes to bell pepper mixture. Mix until well combined. Bake in preheated oven until peppers are soft about 45-55 minutes.

Meanwhile, Slice each hoagie roll lengthwise, cutting to, but not through, the opposite side. Brush the inside of each bun with the remaining 2-3 tablespoons of olive oil. Place on baking sheet face down in the oven for eight minutes while your sausage and peppers are cooking. Remove and let sit on counter to cool.

Stuff the warm hoagie rolls with sausages and pepper mixture.

Makes 6 servings.

### **Nutritional Information per Serving:**

Calories: 500

Fat: 35g

Saturated Fat: 9g

Cholesterol: 35mg

Sodium: 1070mg

Carbohydrates: 35g

Protein: 14g

## **Best Ribs**

3 racks baby back pork ribs with membrane  
2 to 3 liters Coca-Cola  
1 1/4 cups favorite bottled barbeque sauce

Place rib racks, bone sides down, in large, deep roasting pan. Pour Coca-Cola into large pot to just cover ribs. Bring mixture to a boil. Once the mixture reaches a boil, lower the heat to medium and cook for about 2 hours or until the internal temperature reaches 155 degrees F.

Meanwhile, prepare a medium-hot fire in grill.

Remove pork from cola mixture; discard cola in roasting pan. Pat cola from ribs using paper towels. Brush both sides of ribs with 1 cup barbeque sauce. Grill ribs, uncovered, over direct heat for 10-16 minutes or until heat through and sauce begins to caramelize, turning ribs over halfway during grilling. Transfer ribs to cutting board. Loosely cover with foil; let rest for 5-10 minutes.

To serve, cut rib racks into serving-size portions; lightly brush with remaining 1/4 cup sauce.

Makes 8 servings.

### **Nutritional Information per Serving:**

Calories: 330

Fat: 16g

Saturated Fat: 8g

Cholesterol: 75mg

Sodium: 490mg

Carbohydrates: 32g

Protein: 15g



## **Grilled Cheese Casserole**

2 cups 1/2-inch-cubed fully-cooked ham (about 10 ounces)  
1 cup panko or plain fine-dry bread crumbs  
2 tablespoons melted butter  
Nonstick spray coating  
3 medium russet potatoes, peeled, if desired, and sliced 1/8-inch thick (about 1 pound)  
1/4 cup all-purpose flour  
1 medium Roma tomato, seeded and chopped  
1 1/2 cups shredded mild cheddar cheese (6 ounces)  
1/2 cup heavy whipping cream

Preheat oven to 375 degrees F.

Toss together bread crumbs and butter in small bowl until combined; set crumb mixture aside.

Lightly coat an 8-inch-square baking dish with nonstick spray. Toss together potato slices and flour in a large bowl until potatoes are evenly coated.

Layer half each of potatoes, ham, tomato and cheese. Repeat layers, ending with cheese. Drizzle cream over top.

Tightly cover baking dish with foil. Bake in heated oven for 30 minutes. Uncover; sprinkle with crumb topping mixture. Continue baking, uncovered, about 25 minutes or until potatoes are tender. Let stand for 5 minutes before serving.

Makes 4 servings.

### **Nutritional Information per Serving:**

Calories: 600

Fat: 36g

Saturated Fat: 21g

Cholesterol: 150mg

Sodium: 340mg

Carbohydrates: 35g

Protein: 35g