

Ham and Corn Salad with Buttermilk Ranch Dressing

45 g carbohydrates | 11 g sugar | 3 g total fat | 22 g protein | 9 g fiber

Serving size: 2 Tbsp. | Approximately 283 calories



Did you know?

Protein is a building block for your skin, bones, muscles, cartilage, and blood. Meat and seafood are sources of protein, as well as beans, eggs, nuts, seeds, and leafy greens.

You don't have to wait for mealtime to eat protein! Nuts and seeds make a great protein snack!

Food Preparation Materials

Measuring cups and spoons
Small and medium sized bowls
Large spoon or spatula
Whisk
Slicing knife
Cutting board or mat

Ingredients- Makes 8 servings

1/2 cup buttermilk	1 1/2 cup whole kernel corn (frozen or canned)
2 Tbsp. plain yogurt	15 oz. can low sodium red kidney beans
1 tsp. lemon juice	2 tomatoes
2 tsp. dried chives	1 large cucumber
1/2 tsp. Italian seasoning	1 cup thick cut ham
1/2 tsp garlic powder	
1/2 tsp. ground black pepper	

**Optional: Add 6 cups lettuce or spinach. Make a bed of lettuce or spinach on a plate. Spoon ham and corn salad on top.*

What To Do

1. Wash the tomatoes and cucumber, then chop using safe cutting technique. Set aside.
2. Chop the ham into cubes.
3. To make the dressing, combine the 7 ingredients listed in the first column in a small bowl. Use a whisk to stir.
4. Drain corn and kidney beans, combine in the medium bowl.
5. Add the tomatoes and cucumber to the corn and beans.
6. Add the ham to the vegetable mixture.
7. Drizzle buttermilk ranch dressing over the top of veggie and ham mixture, fold to combine.