



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

# Dietitian's Dish

## Love Your Leftovers!

Holidays can mean lots of leftovers. Find different ways to add more fruits or veggies to boost nutrients and avoid wasting food.

You can use the ham bone to make a nutritious broth. Adding ham can also boost the protein in eggs, grilled cheese, mac & cheese, soups, and salads.

Get creative and see what combination of fruits or vegetables can be paired with ham that is left over from Easter.

### Slow Cooker Split Pea & Ham Soup

#### Ingredients:

- 1 bag (16 oz.) dried green split peas, rinsed and drained
- 1 cup chopped ham
- 2 medium Idaho potatoes, peeled and cut into 1-inch pieces
- 1 celery stalk, chopped
- 1 medium carrot, chopped
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1 bay leaf
- 1/4 cup chopped fresh parsley
- 5-1/2 cups ham bone broth\*
- 1 Tbsp. fresh lemon juice
- 1/2 tsp. kosher salt
- 1/2 tsp. ground black pepper
- 1 cup croutons



#### Directions:

1. In a 5- to 6-quart slow cooker, layer split peas, 1/2 cup ham, potatoes, celery, carrot, onion, garlic, bay leaf, and parsley; gently add broth, do not stir. Cover and cook on high for 4 hours or low for 8 hours, or until peas are tender.
2. Remove and discard the bay leaf; stir in lemon juice, salt, and pepper. Serve soup topped with croutons and remaining 1/2 cup ham.

\*Check out a ham bone broth recipe at [inseasonzine.com](http://inseasonzine.com).



### Baked Apple, Ham, and Cheddar Empanadas

#### Ingredients:

- 10 pre-made frozen empanada discs, thawed
- 1 cup of finely diced cooked ham
- 5 slices low-fat Cheddar cheese, cut in half
- 2 apples, sliced
- 1 egg white, whisked in bowl
- 3 Tbsp. Dijon mustard
- 2 Tbsp. honey
- 1/8 tsp. pepper



#### Directions:

1. Lay empanada discs on a flat surface. In the center of each, layer with ham, cheese, and apples. Fold dough over and seal with fork. Lightly brush with egg whites.
2. Air Fryer: Spray air fryer basket with nonstick cooking spray. Add empanadas, a few at a time, and cook on 350°F for 8 minutes, or until golden brown.
3. Oven: Lay empanadas on parchment-lined baking sheet. Bake in preheated 350°F oven 20-25 minutes, or until golden brown.
4. Mix mustard, honey, and pepper together in small bowl for dipping.

Recipe (adapted) and image courtesy of [Healthyfamilyproject.com](http://Healthyfamilyproject.com).