

Deviled Ham Spread



Serves 8

Ingredients:

- 1 1/2 cups cooked ham, minced
- 1/2 small jalapeno pepper, seeded and minced
- Worcestershire sauce, to taste
- 1 tablespoon cream cheese
- 2-3 tablespoons mayonnaise

Instructions:

1. In a bowl or food processor, mix together ham, jalapeno, Worcestershire sauce, and cream cheese. Add just enough mayonnaise to bind ingredients.
2. Chill overnight. Serve with celery or mini bell peppers.

Nutrition per serving: Calories 87; Total Fat 6.8 g; Saturated Fat 1.7 g; Monounsaturated Fat 2.1 g; Polyunsaturated Fat: 2.7 g; Total Carbohydrates 0.2 g; Dietary Fiber 0.0 g; Sugar Alcohols 0.0 g; Sugars 0.2 g; Protein 5.8 g; Sodium 439 mg