



Ham Salad with pecans & apples

If you don't have any leftover ham on hand, you can buy a 1 1/2 lb. piece from the deli counter and dice it up.

Makes 8 servings (8 cups)

Total time: 15 minutes

WHISK:

- 1 cup mayonnaise
- 4 tsp. prepared yellow mustard
- 2 tsp. cider vinegar
- Salt and black pepper to taste

STIR IN:

- 5 cups diced cooked ham (1 1/2 lb.)
- 1 cup toasted pecans, chopped
- 1 Braeburn apple, diced
- 1 bunch scallion greens, sliced
- 8 baked biscuits, split horizontally

Whisk together mayonnaise, mustard, and vinegar in a large bowl; season with salt and pepper.

Stir in ham, pecans, apple, and scallions. Serve ham salad on biscuits.

Per serving: 434 cal; 37g total fat (6g sat); 59mg chol; 1019mg sodium; 6g carb; 2g fiber; 20g protein