

# Ham Loaf

*Linda Haworth*

*Apple Pie and Sisterhood; Favorite Recipes From Tri Kappa*

## **Servings: 10**

*1 pound ground ham  
1 pound ground pork  
2 eggs  
1 cup cracker crumbs  
1 cup milk  
1 teaspoon dry mustard  
1/4 cup horseradish  
1 small onion, grated  
1/4 teaspoon salt  
1/4 teaspoon pepper*

Preheat the oven to 300 degrees.

In a large bowl, mix the ham, pork, eggs, cracker crumbs, milk, mustard, horseradish, onion, salt and pepper. Form into a loaf in a loaf pan (Do not use a glass dish).

Bake for one hour. (Do not add water to the pan.)

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Per Serving (excluding unknown items): 157 Calories; 12g Fat (66.7% calories from fat); 10g Protein; 3g Carbohydrate; trace Dietary Fiber; 78mg Cholesterol; 112mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat; 0 Other Carbohydrates.