

Hamettes

Lynda VanderVine

Apple Pie and Sisterhood; Favorite Recipes From Tri Kappa

*1 1/2 pounds ground ham
1/2 pound ground pork
2 eggs, beaten
1 cup corn flakes
1 cup milk
1/2 cup vinegar
1 cup water OR pineapple
juice
1 1/2 cups brown sugar
1 tablespoon dry mustard*

Preheat the oven to 375 degrees.

In a bowl, mix together the ham, pork, eggs, corn flakes and milk. Form into balls. Arrange in a 13x9-inch pan.

In a saucepan, mix the vinegar, pineapple juice, brown sugar and dry mustard. Heat thoroughly. Pour over the meatballs.

Bake for two hours. (Spoon the sauce over the meatballs occasionally during baking.)

Per Serving (excluding unknown items): 1852 Calories; 68g Fat (32.4% calories from fat); 62g Protein; 256g Carbohydrate; 1g Dietary Fiber; 621mg Cholesterol; 771mg Sodium. Exchanges: 1 1/2 Grain(Starch); 7 Lean Meat; 1 Non-Fat Milk; 9 Fat; 14 1/2 Other Carbohydrates.