

Grilled Ham Steak with Peach and Mango Salsa



Servings: 4

*4 ham steaks
3 peaches, pitted and diced
1 mango, peeled, pitted, and diced
2 tomatoes, diced
1 green bell pepper, seeded and diced
1/4 red onion, diced
2 garlic cloves, minced
1 jalapeno pepper, seeded and diced
1 tablespoon fresh cilantro, chopped
1 lime, juiced*

In a bowl combine peaches, mango, tomatoes, green bell pepper, red onion, garlic cloves, jalapeno pepper, fresh cilantro, and lime juice. Mix to combine.

Preheat grill to medium-high heat (375-425°F).

Once hot, place the ham steaks on the grill over direct heat. Cook for about 4 minutes then flip over and cook for about another 4 minutes until heated through.

Remove the ham steaks from the grill and let rest.

Serve the Ham Steak with Peach and Mango Salsa spooned over top.

Enjoy!

Per Serving (excluding unknown items): 850 Calories; 39g Fat (40.0% calories from fat); 94g Protein; 38g Carbohydrate; 5g Dietary Fiber; 288mg Cholesterol; 5715mg Sodium; 31g Total Sugars; 0mcg Vitamin D; 86mg Calcium; 6mg Iron; 1831mg Potassium; 1161mg Phosphorus. Exchanges: .