

LiveBetter with MedWatch

Honey-Glazed Ham

Ingredients

- * vegetable cooking spray
- ½ cup maple syrup
- 2 Tbsp. brown sugar
- 3 Tbsp. bourbon
- ½ tsp. ground ginger
- ½ tsp. ground allspice
- 1 (6-¾ pound) ham, boned
- 1 clove garlic, minced
- 2 tsp. salt, divided use
- 1 tsp. pepper, divided use
- 8 medium-size sweet potatoes, cooked
- ½ cup brown sugar, firmly packed
- 2 Tbsp. plus 2 tsp. reduced-calorie stick margarine
- * sliced pineapple (optional)
- * Maraschino cherries (optional)

Preparation

1. Coat a broiler pan rack with vegetable cooking spray; set aside.
2. Combine maple syrup, brown sugar and bourbon in a small saucepan; bring to a boil. Reduce heat to low, and simmer 5 minutes or until slightly thickened. Remove from heat; stir in ginger and allspice. Cool slightly.
3. Trim fat from outside and inside surfaces of ham. Spread 1/3 cup syrup mixture and garlic over ham; sprinkle with 1 teaspoon salt and ½ teaspoon pepper. Reshape ham to original shape. Secure at 2-inch intervals with heavy string.
4. Spread 3 tablespoons syrup mixture over ham; sprinkle with remaining 1 teaspoon salt and remaining ½ teaspoon pepper.
5. Place ham on coated broiler pan rack; insert meat thermometer into thickest portion of ham.
6. Bake at 350° for 2 hours or until thermometer registers 160°, basting with remaining syrup mixture after 1 hour.
7. Place ham on a serving platter; cover with aluminum foil, and let stand 15 minutes before slicing.
8. Cut warm potatoes in half; scoop out pulp and place in a mixing bowl. Discard skins.
9. Add brown sugar and margarine to potatoes; beat at medium speed with an electric mixer until smooth. Place in pastry bag.
10. Pipe sweet potato mixture around ham. If desired, garnish with sliced pineapple and Maraschino cherries. Slice ham and serve.

Makes 15 servings.



Nutrition Analysis

Per serving: 405 calories, 34 g protein, 14 g fat (4 g saturated fat), 35 g carbohydrate, 107 mg cholesterol, 420 mg sodium



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