

RECIPE OF THE WEEK

Glazed Ham

Ingredients

- 7-8 lb. Bone-In Spiral Sliced Ham

For Glaze

- ½ cup water
- ½ cup Dijon Mustard
- 1 cup Brown Sugar Substitute
- 3 tbsp. Apple Cider Vinegar

- 1 tsp. Cinnamon
- 1 tsp. Ground Cloves
- ½ tsp. Nutmeg
- ½ tsp. Ginger
- ½ tsp. Ground Black Pepper



Preparation

1. Preheat the oven to 325°F.
2. Place all of the ingredients for the glaze into a small sauce pan over medium low heat and stir until everything is well combined and the brown sugar substitute has melted. Remove from the heat
3. Place the ham on 2 long sheets of aluminum foil, inside of a roasting pan. Make sure that the foil overlaps and will be long enough to fully wrap the ham.
4. Brush the ham all over with ½ of the glaze. Ensure that all sides are covered and allow it to go between some of the slices.
5. Wrap the ham with the foil and place it flat side down in the roasting pan. Bake for 10-14 minutes per pound or until the center reaches 110 degrees.
6. Remove the ham from the oven and increase the oven temp to 400 degrees. Carefully remove the foil from the ham, allowing any juices to fall back into the roasting pan.
7. Spoon any juices from the pan back over the ham and brush on the remaining glaze. Return to the oven for an additional 20-30 minutes, spooning the juices over the ham every 10 minutes or so, or until the internal temp reaches 140 degrees.
8. Remove from the oven and allow to rest for 10-15 minutes before eating.

