

Pork

Brown Sugar-Dijon Glazed Ham

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Servings: 8

Preparation Time: 10 minutes

Bake Time: 1 hour 45 minutes

olive oil

1 (6 to 8 pound) fully cooked spiral-cut bone-in ham

1/2 cup Dijon style mustard

1/4 cup honey

2 tablespoons packed brown sugar

4 teaspoons garlic, minced

1 1/2 teaspoons cider vinegar

1 teaspoon freshly ground black pepper

Lightly oil a shallow baking pan. Place the ham, cut side down, in the pan and let stand at room temperature for 30 minutes.

Preheat oven to 350 degrees. Arrange the rack in the center.

In a bowl, whisk together the mustard, honey, brown sugar, garlic, vinegar and pepper. Cover and set aside for glaze.

Bake the ham, uncovered, for 1 1/2 hours.

Pour the glaze over the ham, covering completely. Continue to bake for 15 to 20 minutes until golden brown and an instant-read thermometer inserted in the center by two inches, without touching bone, reads 140 degrees.

Remove from the oven and let stand for 10 minutes before carving.

Per Serving (excluding unknown items): 48 Calories; trace Fat (0.2% calories from fat); trace Protein; 13g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 0 Fat; 1 Other Carbohydrates.