

Orange Ham Steak

Connie Moore - Medway OH

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Servings: 4

1 pound ham steak

1/4 cup orange marmalade

2 tablespoons water

1 tablespoon butter

1 tablespoon mustard

1 teaspoon corn syrup

1/4 teaspoon ground ginger

In a greased skillet saute' the ham steak until lightly browned on each side.

In a bowl, stir together the marmalade, water, butter, mustard, corn syrup and ginger. Pour over the ham steak.

Bring the skillet to a simmer.

Per Serving (excluding unknown items): 221 Calories; 8g Fat (32.2% calories from fat); 22g Protein; 15g Carbohydrate; 1g Dietary Fiber; 59mg Cholesterol; 1530mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 1/2 Fat; 1 Other Carbohydrates.