



Glazed Sweet Bourbon Ham

Prep: 20 minutes

Bake: 1 hour 45 minutes • Serves: 12

- 1 (7- to 8-pound) spiral sliced bone-in half ham
- ½ cup water
- 1¼ cups apple juice
- ⅔ cup packed brown sugar
- ½ cup Dijon mustard
- ¼ cup bourbon whiskey
- ¼ cup honey
- 3 tablespoons fresh lemon juice
- 1 teaspoon chopped fresh thyme

1. Preheat oven to 325°. Place ham, cut side down, in 13 x 9-inch baking pan; add water. Cover loosely with aluminum foil; bake 1 hour.

2. In small saucepot, whisk apple juice, brown sugar, mustard, whiskey, honey, lemon juice and thyme; heat to simmering over medium heat. Simmer 5 minutes, whisking occasionally; remove from heat.

3. Remove ham from oven; brush ham with some glaze. Bake ham, uncovered, 45 minutes longer or until internal temperature reaches 120°, brushing ham every 15 minutes with glaze. Transfer ham to serving platter; cover loosely with aluminum foil. Let stand 15 minutes before serving; internal temperature will rise to 140° upon standing.

Approximate nutritional values per serving:

*400 Calories, 15g Fat (5g Saturated), 122mg Cholesterol,
1672mg Sodium, 20g Carbohydrates, 0g Fiber, 20g Sugars, 41g Protein*

Chef Tips

Serve ham drizzled with any drippings remaining in the baking dish.

Leftover ham? Add chopped ham to your favorite boxed mac and cheese mix or homemade macaroni and cheese recipe. Toss in some peas for added color and flavor.

Dietitian's Dish

> Ham can be high in sodium, so eat it in moderation (even for the holidays). Stick to a 3-4 ounce serving size.