

## WellnessWorks

# December 2009 Recipe

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## Holiday Glazed Ham

### Ingredients

- **1** 4- to 6-pound cooked boneless ham
- Five-Spice Plum Glaze, Maple-Pecan Glaze, or Cranberry Glaze (see below)

### Directions

1. Place ham on a rack in a shallow baking pan. If desired, use a paring knife to score top of ham in a diamond pattern, making cuts 1/4 inch deep. Insert a meat thermometer. Bake in a 325 degree F. oven for 1-1/4 to 2-1/2 hours or until thermometer registers 140 degrees F. and ham is heated through.
2. During the last 15 minutes of baking, brush ham with Five-Spice Plum Glaze, Maple-Pecan Glaze, or Cranberry Glaze. Heat any remaining glaze and pass with the ham.



*Five-Spice Plum Glaze:* In a small saucepan combine 1 cup *plum jam*, 1 tablespoon *cornstarch*, 1/4 teaspoon *five-spice powder*, and 1/8 teaspoon *ground red pepper*. Stir in 2 tablespoons *soy sauce* and 1 tablespoon *vinegar*. Cook and stir until bubbly. Cook and stir 2 minutes more. Makes about 1 cup.

*Maple-Pecan Glaze:* In a small saucepan combine 1 cup *maple syrup or maple-flavored syrup* and 1 cup *orange marmalade*. Heat and stir until bubbly. Whisk in 1 tablespoon *margarine or butter* until smooth. Stir in 1/2 cup chopped toasted *pecans*. Makes 2 cups.

*Cranberry Glaze:* In a small saucepan combine one 12-ounce can *frozen cranberry juice concentrate*, thawed; 3 tablespoons *Dijon-style mustard*; 2 tablespoons *brown sugar*; 2 tablespoons *lemon juice*; 4 teaspoons *cornstarch*; and 1/4 teaspoon *ground cloves*. Cook and stir mixture until thickened and bubbly. Cook and stir for 2 minutes more. Makes 1-3/4 cups.

**Serving Size:** One Serving (Recipe makes 16-24 servings)

**Nutrition Information:** Calories: 211, Total Fat: 5 g, Protein: 25 g

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