

**WEIGHT ★ NO ★ MORE<sup>SM</sup>**  
**DIET CENTER**

*No one does what we do!*

[weightnomoredietcenter.com](http://weightnomoredietcenter.com)  
WeightNoMoreDC

**BAKED HAM WITH GUAVA GLAZE**

Advanced Lifestyle

**Ingredients**

- 1 (5-pound) bone-in less-sodium ham
- cooking spray
- 2 TSP whole cloves (optional)
- 3/4 cup guava jelly
- 2 TBS dark rum
- 1 TBS peach nectar
- 1 TBS Dijon mustard

**Instructions**

1. Preheat oven to 350°.
2. Trim fat and rind from ham. Score outside of ham in a diamond pattern. Place ham on a broiler pan coated with cooking spray. Bake at 350° for 1 hour.
3. Stud ham with cloves, if desired. Combine jelly, rum, nectar and mustard. Brush ham with jelly mixture. Bake an additional 30 minutes or until meat thermometer registers 140°, basting once.
4. Place ham on a platter. Cover with foil. Let stand 10 minutes before slicing.

**Portion-Per-Serving Information:** (Yields 20 servings)

Serving = 3 oz. = 1 P