



SIMPLE BAKED HAM

Advanced Lifestyle

Ingredients

- 1 (8-lb.) 33%-less sodium smoked, fully cooked ham half
- 2 TSP whole cloves
- cooking spray
- 2 cups apple juice, divided
- 2 TBS brown Splenda
- 1 TBS Dijon mustard

Instructions

1. Place ham in a large Dutch oven or stockpot. Cover with water to 2 inches above ham. Cover and refrigerate for 24 hours. Drain, rinse well with warm water. Drain.
2. Preheat oven to 325°.
3. Trim fat and rind from ham. Score outside of ham in a diamond pattern. Stud with cloves. Place ham, skin side down, on the rack of a broiler pan coated with cooking spray. Place rack in pan. Pour 1 cup apple juice over ham. Cover ham loosely with foil. Bake at 325° for 2-1/2 hours, basting occasionally with remaining 1 cup apple juice.
4. Remove ham from oven (do not turn oven off). Uncover ham. Combine brown Splenda and mustard, and brush over the ham. Bake, uncovered, at 325° for 30 minutes or until a thermometer inserted into thickest portion registers 140°.
5. Place ham on a cutting board. Cover and let stand 10 minutes before slicing.

Portion-Per-Serving Information (Yields 26 servings):

Serving = apx. 3 oz. = 1 P