

Bitter Honey Ham Glaze



A sensational flavor twist on an easy main dish.

INGREDIENTS

1/2 cup honey

2 Tbsp. fresh lemon juice

1 tsp. ANGOSTURA® aromatic bitters

3 - 4 lb. boneless, fully-cooked smoked ham

Makes 8 servings

METHOD

Preheat oven to 350°F. Stir together honey, lemon juice and ANGOSTURA® aromatic bitters. Score top of ham with a sharp knife; place in a small, shallow baking pan. Add a few tablespoons water to just cover the bottom of pan. Brush ham with glaze. Bake uncovered about 45 minutes, brushing with glaze often, until internal temperature is 145°F. Bake time depends on how cold the ham was to start. Serve sliced ham drizzled with remaining glaze.

Recipe by Rita Held

Nutrition information per serving (3 lb ham): 260 calories, 33g protein, 19g carb, 5g fat, (0.5g sat. fat), 90mg chol, 1440mg sodium, 0g fiber