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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