



Glazed Sweet Bourbon Ham

Prep: 20 minutes

Bake: 1 hour 45 minutes • Serves: 12

- 1 (7- to 8-pound) spiral sliced bone-in half ham
- ½ cup water
- 1¼ cups apple juice
- ⅔ cup packed brown sugar
- ½ cup Dijon mustard
- ¼ cup bourbon whiskey
- ¼ cup honey
- 3 tablespoons fresh lemon juice
- 1 teaspoon chopped fresh thyme

1. Preheat oven to 325°. Place ham, cut side down, in 13 x 9-inch baking pan; add water. Cover loosely with aluminum foil; bake 1 hour.

2. In small saucepot, whisk apple juice, brown sugar, mustard, whiskey, honey, lemon juice and thyme; heat to simmering over medium heat. Simmer 5 minutes, whisking occasionally; remove from heat.

3. Remove ham from oven; brush ham with some glaze. Bake ham, uncovered, 45 minutes longer or until internal temperature reaches 120°, brushing ham every 15 minutes with glaze. Transfer ham to serving platter; cover loosely with aluminum foil. Let stand 15 minutes before serving; internal temperature will rise to 140° upon standing.

Approximate nutritional values per serving:

400 Calories, 15g Fat (5g Saturated), 122mg Cholesterol, 1672mg Sodium, 20g Carbohydrates, 0g Fiber, 41g Protein

Helpful *tips*:

- > Serve ham drizzled with any drippings remaining in the baking dish.
- > Leftover ham? Add chopped ham to your favorite boxed mac and cheese mix or homemade macaroni and cheese recipe. Toss in some peas for added color and flavor.