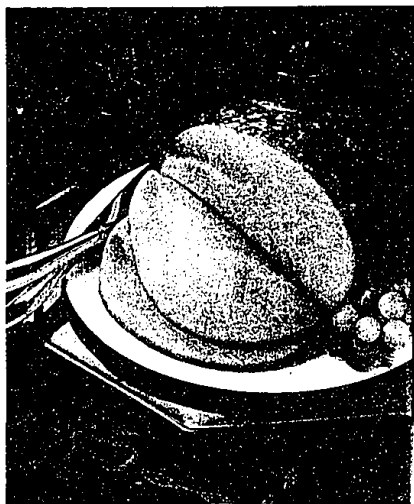


Tangy glazed ham sparks holiday dinner



A festive ham is a great way to complete a traditional holiday dinner, and the use of a "fully-cooked" ham helps keep kitchen time at a minimum. Aside from the main course, left-over ham for use in sandwiches is always a favorite second day meal. Give them an up-to-date approach by serving them on unique breads like English muffin halves, raisin bread and bagels. The variety of Hot Ham Specials can easily be made to order and cooked in the conventional or microwave oven.

A traditional holiday dinner wouldn't be complete unless you served a festive ham. And for a busy cook who wants to spend less time in the kitchen and more time participating in the festivities, this special occasion entree can also be cooked in the microwave oven.

To keep cooking time at a minimum using either conventional or microwave cooking methods, select a smaller "fully-cooked" ham and prepare Tangy Glazed Ham. "Fully-cooked" hams have been completely cooked during processing and only need to be heated to an internal temperature of 130-140°F.

The size of the ham will depend on the number of people you plan to serve for dinner, and your plans for leftovers. A three to four pound "fully-cooked" ham cooks in about one to one-and-a-half hours. However, the cooking time can be cut in half if you use a microwave oven.

One advantage of serving a ham is the variety of easy and economical follow-up meals it can provide. Ham sandwiches are always a favorite second day meal. Give them an up-to-date approach by serving them on unique breads like English muffin halves, raisin bread and bagels. And add some different flavors to sandwiches by combining the ham with different mustards, condiments, cheeses or fruits. The variety of Hot Ham Sandwich Specials can easily be made to order and cooked in either the conventional or microwave oven.

Another quick-cooking recipe using leftover ham is Cheesy Ham and Broccoli for Two. The use of packaged frozen vegetables makes this recipe convenient. And cooking the vegetables in the microwave oven will again shorten the total cooking time.

Cooking time: 54 minutes to 1 hour (13 minutes)
Microwave cooking time: 30 to 45 minutes
 3 to 4-lb. boneless "Fully-cooked" smoked ham half
 1/2 cup apricot preserves
 1 tsp. chili sauce
 1 tsp. prepared grated horseradish
 1/4 tsp. dry mustard

Place ham on a rack in open roasting pan. Insert roast meat thermometer so bulb is centered in the thickest part. Do not add water. Do not cover. Roast in 325° oven (slow) until thermometer registers 130-140°. Allow approximately 18-25 minutes per pound. Meanwhile, combine apricot preserves, chili sauce, horseradish and dry mustard. Spread glaze over ham 20 minutes before end of cooking time. Note: A boneless "fully-cooked" smoked ham will yield four to five 3-ounce cooked, trimmed servings per pound.

Microwave Directions: Use ham weighing under three pounds. Place ham on a rack in microwave-safe baking dish. Place plastic wrap over cut surface of ham and shield edges with strips of foil. Microwave at medium or 80 percent power (approximately 3/4 watt). Invert ham halfway through cooking time and rotate dish 1/4 turn every 10 minutes during cooking, until internal temperature reaches 130°. Allow approximately 10-15 minutes per pound. Meanwhile, combine apricot preserves, chili sauce, horseradish and dry mustard. Remove foil and plastic wrap from ham and spread glaze over ham last five minutes before end of cooking time. Tent with foil and let stand 10-15 minutes before carving. The temperature rises about 5° during this time.

Cooking time: 15 minutes
Microwaving time: 45 to 60 seconds

CHEESY HAM AND BROCCOLI FOR TWO

Try one of these combinations using leftover thinly sliced ham. Assemble ham sandwiches as directed below. Place sandwiches on baking sheet and cover with aluminum foil. Bake in 375° (moderate) oven 15 minutes or place sandwich on paper plate or absorbent towel and microwave at high 45-60 seconds.

Ham and Provolone Melt: Spread toasted English muffin half with a mixture of reduced-calorie mayonnaise, minced red onion and course-grained mustard. Layer on thinly sliced ham, tomato slices, and provolone cheese slices.

Ham and Apple Melt: Spread slice of toasted raisin bread with sweet and hot mustard. Layer on thinly sliced ham, thin apple slices and Cheddar cheese slices.

Tex-Mex Ham Melt: Top toasted plain bagel half with thinly sliced ham and slices of Monterey Jack cheese with Jalapeno peppers. After heating, spoon on guacamole.

Preparation time: 5 minutes
Cooking time: 15 minutes
 6-oz. cooked smoked ham, cut into 1/4 x 1/4 x 2-inch strips
 1 pkg. (10 oz.) frozen broccoli with cheese sauce
 1/2 cup sliced mushrooms
 1/2 cup each chopped onion and chopped red pepper
 1 tsp. oil

Cook broccoli with cheese sauce in boiling water according to package directions. Meanwhile, cook and stir mushrooms, onion and red pepper in oil in large frying pan over medium heat for 3 minutes. Add ham strips and continue cooking 2 minutes. Stir cooked broccoli with cheese sauce into ham mixture and cook 1-2 minutes or until heated through. Makes 2 servings.

Note: To reduce cooking time to 8 minutes, cook broccoli with cheese sauce in the microwave at HIGH 4 to 5 minutes, rotating package once.

ADA offers free recipes

The holiday season is upon us, and so too, is the temptation to overeat. For the 450,000 residents of Michigan with diabetes, this can be an especially difficult time. Dessert tables are often loaded with treats high in sugar and fat. As a public service to both diabetics and health-conscious, non-diabetics the American Diabetes Association, Michigan Affiliate, is offering free holiday recipes low in sugar and fat.

The recipes are reprinted from the ADA's new "Holiday Cookbook." Anyone interested in obtaining free holiday recipes from the ADA should call the Southfield office at (313) 552-0480.

TANGY GLAZED HAM
Preparation time: 5 minutes

Hot Ham Sandwich Specials
Preparation time: 5 minutes

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