

## **ORANGE-GLAZED HAM**

**SOURCE:** Weight Watchers New Complete Cookbook

### **INGREDIENTS:**

1 3/4 lb ready-to-eat boneless ham steak  
4 whole cloves  
4 slices canned pineapple, drained/quartered + 1/2 C juice  
1/2 C orange juice  
3 TBS orange marmalade  
1/4 tsp cinnamon

### **DIRECTIONS:**

Preheat oven to 400° F. Make several cuts along edge of ham - stud with cloves - then place in shallow ovenproof pan - place pineapple slices around ham.

To make the glaze, in small saucepan, combine pineapple juice, orange juice, marmalade & cinnamon - bring to boil & cook till slightly thickened (5-6 minutes) - pour glaze over ham - bake, basting occasionally with the glaze, about 15 minutes (the glaze should be thickened). If there is too much liquid, remove ham from pan - keep warm - return pineapple & glaze to upper oven rack till glaze thickens (5-10 minutes more). Serve ham with pineapple & glaze.

Makes 4 servings

(per serving: 196 calories; 4g total fat; 1g saturated fat; 40mg cholesterol; 1,224mg sodium, 23g total carbohydrates; 1g dietary fiber; 17g protein, 25mg calcium - WW points per serving: 4)