

Ham: An Easter (And Everyday) Family Favorite

(NAPSA)—When you sit down to Easter dinner, hopefully you haven't forgotten the essential dish—ham! Ham is a classic (and lean!) Easter dish as well as the perfect year-round dinnertime meal choice. That's because ham is so simple to prepare that it practically prepares itself; and it's so versatile that it pairs well with nearly any side dish.

This year, honor the Easter tradition with an easy meal for your whole family to enjoy. The National Pork Board is pleased to share a delicious recipe for Baked Ham with Honey-Apricot Glaze that is sure to make your Easter meal memorable.

Fascinating Ham Facts

Love Ham?

You're not alone. Seventy-seven percent of Americans eat at least one ham entrée every two weeks, according to the NPD Group.

Ham For The Holiday!

According to a recent National Pork Board survey, 67 percent of Americans serve ham at their Easter dinners.

Holiday Leftovers?

According to data collected by the NPD Group, ham is the No.1 sandwich nationwide. A perfect use for holiday leftovers!

For more than 100 ham recipes, information about ham selection, preparation and carving tips to make your Easter meal easy, visit www.TheOtherWhiteMeat.com.



Many may be surprised at how easily a spiral-cut ham can wind up as the centerpiece of a great meal.

**Baked Ham with
Honey-Apricot Glaze**
10-14-pound spiral-sliced, fully
cooked smoked ham

1 cup honey

1 6-ounce orange juice
concentrate, thawed

$\frac{1}{2}$ cup soy sauce

$\frac{1}{2}$ cup apricot jam

$\frac{1}{2}$ teaspoon ground nutmeg

$\frac{1}{4}$ teaspoon ground cloves

Preheat oven to 325 degrees F. Place ham on rack in shallow roasting pan. Stir together remaining ingredients in medium bowl; set aside. Bake ham for 30 minutes; pour glaze over ham and continue to bake until ham is heated through to 140 degrees F, about a total of 2½ hours (about 15-18 minutes per pound).

Serves 20-25

**Nutrition Information
per Serving:**

Calories, 407; Protein, 30 grams; Fat, 23 grams; Sodium, 1,881 milligrams; Cholesterol, 86 milligrams; Saturated Fat, 8 grams; Carbohydrates, 19 grams; Fiber, 0 grams.