

Baked Ham

5 lbs. ham with bone
1/2 cup packed brown sugar substitute
1 tsp. dry mustard
Cloves, whole

Preheat oven to 325°F. Remove skin and excess fat from ham. Score the surface with shallow diagonal cuts, making diamond shapes. Mix brown sugar substitute and mustard; rub into ham. Insert a whole clove in center of each diamond. Place ham in a large roaster with a baking rack. Bake uncovered for 20-22 minutes per pound. Makes 10 servings.

Nutrition information per 3 oz. serving: calories 117; protein 18 grams; fat 3 grams; sodium 973 mg