

Cooking Corner

A Dish That Sparkles With Essence Of The Tropics

(NAPS)—With a little ingenuity, you can create great combos for holiday meals that will add some new, fresh accents. For example, to prevent your next holiday from becoming boring and predictable, add some tropical flair to your menu and turn old favorites into exotic experiences. By serving a traditional ham with a sweet mango glaze, your meal can go from ordinary to extraordinary in minutes.

Happily, the mango is a versatile and delicious ingredient available year-round that can be added to a variety of special-occasion or everyday dishes. Since mangos are rich in vitamins A and C, they are a great addition to your healthy lifestyle.

Pairing a succulent ham with a glaze made from the perfect combination of mangos, cinnamon and honey will delight everyone at your next family gathering. This blend of tropical and traditional is sure to stand out and leave everyone wanting more. For more tasty recipes featuring mangos and information on selecting the right mango, visit www.mangoinfo.org.

HAM WITH MANGO GLAZE

Prep time: 10 minutes
Cook time: 1 hour

**2 ripe mangos, peeled,
pitted and cubed**
¼ cup honey
**2 tablespoons fresh lemon
juice**



Delicious Ham with Mango Glaze adds a sweet new tradition to your spring holiday table.

¼ teaspoon cinnamon
¼ teaspoon ground allspice
1 boneless ham, about 3 lbs.

Preheat oven to 350°F. Place mangos, honey, lemon juice and spices in a blender or food processor; puree until smooth. Set aside ½ of the mixture for basting the ham during baking. (Place remaining glaze in serving dish to serve with ham.) Score the surface of the ham in a diamond pattern with a sharp knife and place in a shallow baking dish. Brush with reserved basting portion of mango glaze. Bake for 1 hour, basting with glaze frequently. Slice ham and serve with the remaining mango glaze. Makes 6 to 8 servings.

Did You Know?

Fresh fruit is a great addition to any buffet. To make your table special, serve fresh delicious mangos. You'll find easy-to-follow cutting directions at www.mangoinfo.org.

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