

Ham with Hawaiian Salsa and Sweet Potatoes

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Servings: 4

Preparation Time: 20 minutes

Start to Finish Time: 50 minutes

SALSA

1/4 fresh pineapple, cored and finely diced

1/2 red onion, finely diced

2 tablespoons cilantro, chopped

2 teaspoons freshly grated lime peel

1 tablespoon fresh lime juice

1/4 teaspoon crushed red pepper

1/4 teaspoon salt

SWEET POTATOES

2 tablespoons oil

1/2 teaspoon salt

1/4 teaspoon freshly ground pepper

2 large (about 12 oz ea) sweet potatoes, each cut in eight long wedges

1 1-pound precooked ham steak

1 1/2 teaspoons honey

1 tablespoon water

In a serving bowl, gently mix the pineapple, onion, cilantro, lime peel, lime juice, red pepper and salt. Set aside.

Preheat the outdoor grill.

In a large bowl, mix the oil, salt and pepper.

Add the potatoes. Stir to coat.

Grill for 30 minutes, turning the wedges occasionally, until slightly charred and tender when pierced.

Mix the honey with the water. Brush on the ham.

About 3 minutes before the potatoes are done, add the ham to the grill.

Grill, turning once, until hot and marked with grill lines.

Serve with the salsa and sweet potatoes.

Per Serving (excluding unknown items): 162 Calories; 7g Fat (38.5% calories from fat); 2g Protein; 24g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 411mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.