

Ham, Sweet Potato and Cranberry Casserole

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Servings: 8

*5 large sweet potatoes,
peeled and cut into quarters
1 1/2 cups brown sugar
4 large slices (1/4 to 1/2
inch thick) ham
12 whole cloves
1/4 cup frozen orange juice
concentrate
1 bag fresh or frozen
cranberries, thawed*

Preheat the oven to 350 degrees.

Boil the sweet potatoes until a fork will penetrate the potatoes easily. Drain. Reserve 1-1/2 cups of the cooking liquid.

Add brown sugar and the orange juice concentrate to the cooking water. Bring to a boil. Set aside.

Cut each piece of ham into six pieces (total 24). Place a whole clove into twelve of the ham pieces.

In a 13x9-inch baking dish, alternate two layers of ham, cranberries and sweet potatoes. Pour the sugar water over the top.

Bake for 45 minutes until the cranberries burst (the dish will have a lot of liquid).

(Great with a simple green salad and bread.)

Per Serving (excluding unknown items): 356 Calories; 9g Fat (22.7% calories from fat); 14g Protein; 58g Carbohydrate; 6g Dietary Fiber; 38mg Cholesterol; 934mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 Lean Meat; 0 Fruit; 1 Fat; 1 1/2 Other Carbohydrates.