

Baked Ham with Apples & Root Vegetables

Serves 4

To speed things along, get the ham and root vegetables in the oven before chopping the onion and apples.

1- to 1½-pound ham (see story)

1½ pounds parsnips, rutabagas and/or turnips, peeled and cut into even ¼-inch strips

Salt and pepper to taste

1½ tablespoons vegetable oil, olive oil or melted butter

1 teaspoon dried thyme, plus a pinch

½ onion, thinly sliced

1 Granny Smith or other tart apple, unpeeled, cored and thinly sliced

½ cup low-salt chicken broth or water

Instructions: Preheat the oven to 400°. Wrap the ham tightly in foil and place in the oven until heated through, 25-30 minutes.

Place the root vegetables in a large bowl and toss with the salt, pepper, 1 tablespoon oil and 1 teaspoon thyme. Place in an even layer on a baking sheet and roast in the oven with the ham until browned on the bottom, about 10 minutes. Stir, then continue roasting until the vegetables are cooked through, about 15 additional minutes.

Meanwhile, heat the remaining ½ tablespoon oil or butter in a nonstick saute pan. Add the

sliced onion and saute over medium-high until browned, 2-3 minutes. Add the apple, sprinkle with a pinch of thyme, salt and pepper, and saute until lightly browned, 2 minutes. Add the broth or water and simmer on low until the apples are cooked through, stirring occasionally, 8-10 minutes.

When the ham is ready, slice thinly and serve with the apples and root vegetables.

Per serving: 435 calories, 38 g protein, 38 g carbohydrate, 15 g fat (4 g saturated), 109 mg cholesterol, 100 mg sodium, 10 g fiber.