

Slow Cooker Ham with Fruit Chutney

Tangy fruits cover this ham while slow cooking melds the flavors into a delicious change from the more traditional pineapple glaze

- 1 (3 pounds) fully cooked smoked boneless ham
- 1/4 teaspoon pepper
- 2 jars (6 ounces each) jerk seasoning sauce or fruit chutney (1 1/2 cups)
- 1 cup diced dried fruit and raisin mixture
- 1 cup frozen small whole onions
- 1 tablespoon balsamic vinegar

1. Place ham in 3 1/2- to 4-quart slow cooker. Sprinkle with pepper. Mix remaining ingredients; pour over ham.
2. Cover and cook on low heat setting 6 to 8 hours.

Note: This recipe was tested in slow cookers with heating elements in the side and bottom of the cooker, not in cookers that stand only on a heated base. For slow cookers with just a heated base, follow the manufacturer's directions for layering ingredients and choosing a temperature.

Per Serving: Calories 365 (Calories from Fat 115); Total Fat 13 g (Saturated Fat 5 g); Cholesterol 85 mg; Sodium 2200 mg; Total Carbohydrate 28 g (Dietary Fiber 2 g); Protein 34 g

Percent Daily Value*: Vitamin A 6 %; Vitamin C 4 %; Calcium 2 %; Iron 14 %

Exchanges: 2 Fruit; 4 1/2 Lean Meat

*Percent Daily Values are based on a 2,000 calorie diet.

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