

Honey Balsamic-Glazed Ham with Garlic Kale and Smashed Potatoes

Yield: 8 servings

Prep Time: 15 minutes

Cook Time: 1 hour 20 minutes

1 3-pound boneless ham, netting removed and casing trimmed off
1/2 cup water

Honey Balsamic Glaze

8-ounce can crushed pineapple (2/3 cup pineapple, 1/3 cup juice)
1/2 cup honey
1/2 cup balsamic vinegar
2 tablespoons unsalted butter
2 tablespoons soy sauce
1/2 teaspoon finely chopped fresh thyme or 1/4 teaspoon dried thyme
1/2 teaspoon freshly ground black pepper

Smashed Potatoes

3 pounds small red potatoes, scrubbed but unpeeled
3 tablespoons unsalted butter
1 1/2 teaspoons kosher salt
1/4 teaspoon freshly ground black pepper
2 tablespoons fresh parsley or 1 1/2 teaspoons dried parsley

Garlic Kale

2 tablespoons extra virgin olive oil
2 cloves garlic, sliced
2-pound bag chopped kale greens or baby spinach
1/2 teaspoon kosher salt
1/4 teaspoon freshly ground black pepper

1. Make the Honey Balsamic Glaze: In a small heavy saucepan, bring ingredients to a boil over high heat, stirring often. Reduce the heat to low and simmer, stirring often, until the liquid is reduced by about half, 7 to 10 minutes. Transfer to small bowl and let cool to room temperature.
2. Preheat oven to 350 degrees F. Using a sharp knife, score ham in a crosshatch pattern. Place ham in roasting pan and add 1/2 cup water. Cover tightly with aluminum foil. Bake for 30 minutes. Uncover and spread half of the glaze over the ham, forcing it into the scored cuts. Bake for 15 minutes. Repeat with remaining glaze and bake until a meat thermometer inserted into the center of the ham reads 140 degrees F., about 15 minutes more. If necessary, to keep glaze from scorching, tent ham with aluminum foil. Let stand at room temperature for 10 minutes before slicing.
3. Make the Smashed Potatoes: After about 30 minutes of baking the ham, place potatoes in large saucepan and add enough cold salted water to cover by 2 inches. Cover saucepan and bring to a boil over high heat. Uncover and reduce heat to medium. Cook until tender, about 20 minutes.

Drain well and return potatoes to saucepan. Add butter, oil, salt, and pepper and crush with a large fork, then stir in the parsley. Partially cover with the lid to keep warm.

4. **Make the Garlic Kale:** Rinse kale, shake off excess water, and put in a large bowl. In a large saucepan, heat the oil and garlic over medium heat until the garlic is softened, about 1 minute. In batches, stir in the kale and cook until the first batch is wilted before adding more. Cook, uncovered, stirring often, until just tender, about 5 minutes. Season with salt and pepper.
5. Slice the ham crosswise and serve with the smashed potatoes and kale.

*Recipe Credit: Jose Mendin
Pubbelly Noodle Bar, Miami FL*

Serving Suggestions: This is already a complete meal with potatoes and kale as side dishes, but you could add dinner rolls, if you wish. A salad of tomatoes, cucumbers, and red onion would complete the dinner and serve as a first course.

Nutritional Information per Serving:

Calories: 790	Fat: 44 g	Saturated Fat: 16 g
Cholesterol: 115 mg	Sodium: 2960 mg	Carbohydrates: 62 g
Protein: 40 g	Fiber: 7 g	