



PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM

MAPLE GLAZED HAM STEAK WITH GRILLED PINEAPPLE SLICES

¼ cup maple syrup

1 tablespoon apple cider vinegar

1 tablespoon Dijon mustard

1 pre-cooked 1-inch thick ham steak (about 1 pound)

Grilled Pineapple Slices (recipe follows)

1. In small bowl, stir together syrup, apple cider vinegar, and Dijon mustard until well mixed; set aside.
2. Score edge of ham several times to prevent ham steak from curling when cooking. Place ham steak on preheated griddle or skillet over medium-high heat; cook until browned, about 2 to 3 minutes per side. Drain any liquid as ham browns.
3. Reduce heat to medium. Brush ham steak with glaze, turn, and cook for 1 to 2 minutes.
4. Brush ham steak with glaze, turn, and cook until ham is heated through and glaze has thickened.
5. Serve ham steak with grilled pineapples.
Makes about 4 servings.

GRILLED PINEAPPLE SLICES

2 to 3 tablespoons butter

1 can (20 ounces) sliced pineapple, drained

1. In preheated griddle or skillet, melt butter over medium-high heat.
2. Add pineapple slices; cook until golden brown, about 2 minutes per side. Serve immediately.
Makes 8 servings.

