

Low-Point Holiday Ham with Pineapple Riesling Sauce

Ingredients:

- Boneless ham or Precooked ham slices (serving size is 4 oz.)

Sauce:

- 1/2 cup crushed pineapple
- 3/4 cup Riesling wine
- 1 tsp. Splenda
- 1 Tbs brown sugar
- 1 Tbs honey
- 1 Tbs flour

In a saucepan, heat pineapple and Riesling over medium-high heat until boiling. Add splenda, brown sugar, and honey and mix thoroughly. Whisk flour into pan until sauce slightly thickens. Spoon over cooked or heated (if precooked) ham.

Serving size - 4 oz. ham with 2 Tbs pineapple sauce

Points per serving - 4.5

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

"Sometimes it takes sadness to know happiness, noise to appreciate silence, and absence to value presence." - Anonymous