

## Yummy Pickle Roll Ups



**Prep time:** 10 minutes

**Ready in:** 10 minutes

**Serving Size:** 5 servings

### Ingredients:

- 5 slices cooked ham
- Laughing cow Swiss wedges
- 5 dill pickle spears

### Directions:

1. Lay the ham slices flat on a plate and pat dry. Spread the cheese across each slice.
2. Place a pickle spear at one end of each slice of ham and roll the slices into cylinders around the spears. Secure with toothpicks.

**\*\*Tip: Pickles.** Pickles have only 5 calories, mostly from carbs. They contain 16mg of calcium, 64 mg potassium, and 324 mg of sodium. Too many pickles in one day can use up your entire daily allowance of sodium. They are a good source of fiber as well.

### Nutrition Facts (per serving):

Calories: 38

Fat: 1g

Cholesterol: 11mg

Sodium: 229mg

Carbohydrates: 2g

Fiber: 0g

Sugar: 1g

Protein: 3g

Attributed to Courtney McDonald at allrecipes.com; Modified by Emily Madden;  
2013 Dietetic Student

**Beyond Mac & Cheese · Cheap, Easy, Tasty & Nutritious Recipes for the Busy College Student  
Copyright 2014**