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:
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