
MFit Ham or Turkey Roll-Ups

Servings: 4

If you wish to reduce the sodium in these roll-ups, Boar's Head ham tends to be lower in sodium. Also, look for low sodium Swiss cheese.

8 ounces Lean Ham slices, or sliced turkey

4 ounces Swiss cheese, lowfat (4 slices cut in half)

8 teaspoons mayonnaise, Hellman's reduced fat

4 teaspoons honey mustard

1 red bell pepper, cut into 16 strips, or steamed asparagus

2 cups arugula leaves, or baby spinach

Tear off 8 8-inch lengths of plastic wrap and place side-by-side on counter top.

Place one slice of ham or turkey on each piece of wrap. Top with 1/2 slice of cheese; spread with mayonnaise and mustard. Arrange bell pepper strips and arugula leaves in center and roll into a tight roll. Wrap the plastic wrap around the roll and store in the refrigerator until ready to eat.

Per Serving (excluding unknown items): 150 Calories; 5g Fat (32.5% calories from fat); 20g Protein; 5g Carbohydrate; 1g Dietary Fiber; 37mg Cholesterol; 1041mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 0 Fat.