



Ham & Lettuce Wrap

Info:

Makes 1 Servings 80 Calories per Serving

LOW CAL

Ingredients:

- ❖ 2 1oz Slices Ham, 99% Fat-Free
- ❖ 2 Leaves Romaine Lettuce
- ❖ 2-3 tsp Mustard
- ❖ Salt (optional)



Preparation:

1. Lay ham slices flat and spread mustard on just the top side of each
2. Sprinkle with salt if desired
3. Place one leaf on each ham slice, roll up and secure with a toothpick

