

hawaiian ham rollups

Serves: 4

Prep and Cook time: 10 min

Per serving: 227 calories, 12.4 g fat, 692 mg sodium

1 tsp olive oil

8 (1 oz.) slices ham

4 whole wheat tortillas

1/2 cup crushed pineapple

2 TBS Parmesan cheese,
or a mild cheddar
cheese

1/4 cup bottled
poppy seed salad
dressing (or any
sweet dressing)

1. Heat olive oil on low heat in a large skillet. Sauté each tortilla until slightly warm, 5-10 seconds on each side. Then lightly sauté ham slices.

2. On each tortilla, arrange 2 slices ham and 2 TBS crushed pineapple. Sprinkle with Parmesan cheese and roll up. Serve with salad dressing in small side bowl for dipping.

Vary It! You can also warm up your tortillas by wrapping them in a moist paper towel and microwaving it for a few seconds to cut fat even more.

