



Ham and Apple Wraps with Mustard Dip

Recipe Source: www.marthastewart.com

Serves 4

Ingredients:

- 1/4 cup olive oil mayonnaise
- 1 Tbsp Dijon mustard (or to taste)
- 1/8 tsp black pepper
- 1 Granny Smith apple, cored, quartered, and cut into 16 equal wedges
- 4 oz cheddar cheese, cut into 16 equal strips
- 4 oz thinly sliced, nitrate-free deli ham, cut lengthwise into 16 one-inch strips

Steps:

- In a small bowl, stir together mayonnaise, mustard, and pepper until smooth. Set aside.
- On one apple wedge, center a piece of cheese. Wrap tightly with a strip of ham. Repeat with remaining apple, cheese, and ham, and arrange on four plates.
- Serve with dip on the side.

Tips from the Test Kitchen: You can substitute plain, low-fat yogurt for the mayonnaise if desired. You can also use any favorite crisp-textured apple in this recipe, or even a firm, ripe pear.

Nutritional Facts (per serving): Calories: 243, Carbohydrates: 8 grams, Protein: 11 grams, Total Fat: 18 grams, Saturated Fat: 7 grams, Cholesterol: 49 mg, Sodium: 720 mg, Fiber: 2 grams, Total Sugars: 4 grams.