



Cheesy Ham Roll-Ups

Your daily bread never tasted this good. Roll-ups, a new way to make sandwiches, are not only delicious but also fast---only 5-10 minutes from start to finish! Serve this ham and cheese roll-up with crisp carrot sticks, fresh fruit and ice-cold milk for a tasty and healthy lunch!

Ingredients:

- 1 eight-inch flour tortilla
- Mustard
- 1 piece of cooked ham, thinly sliced
- 1 slice of Swiss cheese



Directions:

- 1) Spread mustard on tortilla.
- 2) Place slice of ham and slice of cheese onto roll-up.
- 3) Top with broccoli.
- 4) Tightly roll up tortilla, or assist child if child is old enough to do this himself.
- 5) Put roll-up on a plate and place in microwave.
- 6) Microwave on HIGH for 1 minute.

