

Prosciutto Roll-Ups

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*4 ounces (8 slices) sliced
prosciutto, halved
1 cup baby arugula
1 tablespoon lemon
vinaigrette
1/3 cup fig (or peach)
preserves
4 ounces deli garlic-herb
goat cheese
1 teaspoon cracked black
pepper*

Cut the prosciutto slices in half width-wise.
Place the arugula in a small bowl. Drizzle with
vinaigrette and toss to coat.

Place the prosciutto slices on a work surface.
Spread an even amount of preserves over each
prosciutto slice, then crumble the cheese evenly
over the preserves. Top evenly with the arugula
mixture and sprinkle with pepper. Starting from
the cut edge, roll the prosciutto over the filling,
placing seam-side down on a serving platter.

Serve.

Per Serving (excluding unknown
items): 5 Calories; trace Fat (8.5%
calories from fat); trace Protein; 1g
Carbohydrate; 1g Dietary Fiber;
0mg Cholesterol; 1mg Sodium.
Exchanges: 0 Grain(Starch); 0 Fat.