

Misc.

Ham-Apple Sandwich

Publix Aprons

Servings: 4

Start to Finish Time: 20 minutes

1/4 cup olive oil

2 tablespoons honey

2 tablespoons coarse-grain brown mustard

1 tablespoon lemon juice

1 clove garlic, minced

8 slices (1/2-inch thick) white bread, toasted

4 ounces Gouda cheese, sliced

8 ounces smoked ham hocks, thinly sliced

1 medium apple, cored and thinly sliced

1/2 cup baby spinach leaves

2 tablespoons snipped fresh basil (optional)

In a small bowl, combine the oil, honey, mustard, lemon juice and garlic; mix well.

To assemble sandwiches, spread one side of each bread slice with mustard mixture.

Top four of the bread slices with chhese, ham, apple slices, spinach leaves and basil, if desired.

Add the remaining bread slices, spread side down.

Per Serving (excluding unknown items): 558 Calories; 34g Fat (54.5% calories from fat); 24g Protein; 40g Carbohydrate; 2g Dietary Fiber; 93mg Cholesterol; 537mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 1/2 Lean Meat; 0 Vegetable; 1/2 Fruit; 5 Fat; 1/2 Other Carbohydrates.