

Misc.

Corn Muffin Ham & Cheese Sandwich

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Servings: 6

5 corn muffins, halved

1/4 cup mayonnaise

2 tablespoons bacon, cooked and crumbled

dill weed

parsley flakes

12 slices deli ham

6 slices Cheddar cheese

6 slices cucumber

Lay out the halved corn muffins on a work surface.

In a bowl, combine the mayonnaise, bacon, dill weed and parsley.

Spread evenly on the six corn muffin bottoms.

Top each with two slices of the deli ham.

Place a slice of cheddar and a cucumber slice on each half.

Place the muffin top back on the sandwich.

Serve and enjoy.

Per Serving (excluding unknown items): 735 Calories; 52g Fat (63.1% calories from fat); 35g Protein; 34g Carbohydrate; 4g Dietary Fiber; 139mg Cholesterol; 1088mg Sodium. Exchanges: 1 1/2 Grain(Starch); 4 Lean Meat; 2 Vegetable; 6 1/2 Fat.