

Ham & Asparagus Melt with Fresh Pineapple

Boars Head

Servings: 4

1 pound lower-sodium deluxe ham, sliced thinly
12 asparagus spears
1 tablespoon olive oil
4 crusty hoagie rolls, toasted
1/4 pound 25% lower sodium, 25% lower fat American cheese, sliced
8 lettuce leaves, cleaned and stemmed
4 pineapple rings, halved
1 tablespoon sesame seeds

Preheat oven to 400 degrees.

Snap the woody ends off the asparagus, leaving about 4 to 5 inches in length for each asparagus. Brush with oil and place on a baking sheet, single file.

Bake for 10 minutes until crisp-tender, barely browned. Remove from the oven. Sprinkle sesame seeds over the asparagus. Turn off the oven, but leave the door closed.

Place the pineapple pieces on the bottom of the lightly toasted rolls. Add three to four slices of the ham on top of the pineapple, followed by two pieces of cheese and the asparagus.

Place in the warm oven on a baking sheet for a few minutes to melt the cheese and warm the sandwich.

Remove from the oven. Add the lettuce and serve immediately.

Per Serving (excluding unknown items): 56 Calories; 5g Fat (69.0% calories from fat); 2g Protein; 3g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1 Fat.

Sandwiches

Per Serving Nutritional Analysis

% Calories from Fat:	69.0%
% Calories from Carbohydrates:	20.0%
% Calories from Protein:	10.9%
Total Fat (g):	5g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	3g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	0mg
Carbohydrate (g):	3g
Dietary Fiber (g):	1g
Protein (g):	2g
Sodium (mg):	3mg
Potassium (mg):	167mg
Calcium (mg):	35mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	7mg
Vitamin A (i.u.):	333IU
Vitamin A (r.e.):	33RE

Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	73mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	1
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 56 Calories from Fat: 38

% Daily Values*

Total Fat	5g	7%
Saturated Fat	1g	3%
Cholesterol	0mg	0%
Sodium	3mg	0%
Total Carbohydrates	3g	1%
Dietary Fiber	1g	6%
Protein	2g	
Vitamin A		7%
Vitamin C		12%
Calcium		4%
Iron		5%

* Percent Daily Values are based on a 2000 calorie diet.