



## Cuban Sandwich Pockets



1/2 of recipe (1 pocket): 195 calories, 2.5g total fat (1g sat. fat), 760mg sodium, 26.5g carbs, 1g fiber, 3g sugars, 16g protein

[Click for WW Points® value\\*](#)

**Prep:** 10 minutes    **Cook:** 15 minutes

More: [Lunch & Dinner Recipes](#), [30 Minutes or Less](#)



### Ingredients

1/2 cup self-rising flour  
1/2 cup fat-free plain Greek yogurt  
1 slice reduced-fat Swiss cheese, halved  
1 1/2 oz. (about 2 slices) reduced-sodium ham, roughly chopped  
2 tsp. mustard  
2 tbsp. chopped dill pickles

### Directions

Preheat oven to 450 degrees. Spray a baking sheet with nonstick spray.

To make the dough, thoroughly mix flour and yogurt in a large bowl.

Form dough into two 6-inch squares, about 1/4 inch thick.

Place on the baking sheet. Evenly top one half of each square with cheese, chopped ham, mustard, and pickles.

Fold the bare half of each square over the filling, so the top edge meets the bottom. Firmly press edges with a fork to seal.

Spray with nonstick spray. Bake until tops are light golden brown and insides are cooked through, 10 - 12 minutes.

MAKES 2 SERVINGS

**HG Dough Tips:** To prevent sticking, lightly dust your hands and work surface with flour or refrigerate dough for at least 5 minutes.

**Air-Fryer Alternative:** Set air fryer to 360 degrees (or nearest degree). Spray air fryer basket with nonstick spray. Add pockets, and spray with nonstick spray. Cook for 10 minutes, or until tops are light golden brown and insides are cooked through.

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

\*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.

