



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

Green Plan [SmartPoints](#)® value 5*

Blue Plan (Freestyle™) [SmartPoints](#)® value 5*

Purple Plan [SmartPoints](#)® value 5*

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.

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.