



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

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

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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.

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