



Ham & Swiss Cucumber Subs



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1/8th of recipe (1 sub): 116 calories, 5g total fat (3g sat. fat), 394mg sodium, 9g carbs, 1g fiber, 4g sugars, 10g protein

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Ingredients

8 medium-small cucumbers (about 5 oz. each)
4 slices Swiss cheese
8 oz. (about 16 slices) sliced deli ham
2 Tbsp. yellow mustard
24 small tomato slices

Directions

Slice off and discard stem cucumber ends. Halve lengthwise. Gently scoop out and discard the inside flesh, leaving about 1/4 inch inside each half. Thoroughly pat dry.

Cut each slice of cheese into 4 thin strips. Evenly top 8 cucumber halves with ham, mustard, cheese strips, and tomato slices.

Top with remaining 8 cucumber halves, and secure with toothpicks. Carefully cut in half.

MAKES 8 SERVINGS

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