



## Ham & Swiss Pockets



Entire recipe (4 pockets): 129 calories, 5g total fat (2g sat. fat), 802mg sodium, 4g carbs, 1g fiber, 1.5g sugars, 17g protein

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**Prep:** 5 minutes    **Cook:** 10 minutes



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## Ingredients

1 slice reduced-fat Swiss cheese  
4 slices (about 2 oz.) reduced-sodium ham  
3 tbsp. sauerkraut, drained and blotted dry

## Directions

Slice cheese into 4 squares. Place 1 square of cheese in the center of 1 slice of ham. Top with 1/4 of the sauerkraut (about 2 tsp.). To form the pocket, first fold in the right and left sides, followed by the top and bottom, enclosing the cheese. Place in a skillet, seam side down.

Repeat to make 3 more pockets, adding them to the skillet. Bring skillet to medium-high heat. Cook for 4 minutes.

Carefully flip pockets. Cook until lightly browned, about 2 minutes.

MAKES 1 SERVING

**Wanna see how we folded these pockets?** [Click to see the recipe in action!](#)

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