

Exclusively from the Buddig Lunch Club

# Deli Cuts Tostadas



## Ingredients:

1 tablespoon fat-free mayonnaise  
1 tablespoon salsa verde  
2 small corn tostadas (5 inch diameter)  
2 ounces Deli Cuts Smoked Ham  
1 tablespoon reduced-fat Monterey Jack  
cheese or chili Jack cheese

## Makes 1 Serving:

Each serving has: 210 calories; 7 grams  
total fat; 12.75 grams protein; 12 grams  
carbohydrates; 24 milligrams  
cholesterol; 750 milligrams sodium and  
0.5 grams dietary fiber.

## Directions:

Combine mayonnaise and salsa in a bowl.  
Spread on tostadas. Place half the ham on  
each tostada. Place on baking sheet.  
Sprinkle 1/2 tablespoon cheese over  
each tostada. Place under preheated  
broiler 4 inches from heat and broil  
for 20 seconds or until cheese  
melts. Watch closely to  
avoid burning.



For exciting new recipes, visit us often at [www.buddig.com/lunchclub](http://www.buddig.com/lunchclub)