

Ham & Jarlsberg with Mustard-Cucumber Relish

Prep Time: approx. 10 Minutes.

Servings: 1



| | | |
|---------|--------------------------------|--------|
| 1/2 cup | diced English cucumber | 120 ml |
| 1 tsp | rice vinegar | 5 ml |
| 1 tsp | Dijon mustard | 5 ml |
| 1/2 tsp | kosher salt | 2.5 ml |
| 1 | whole wheat pita bread | 1 |
| 4 oz | thinly sliced deli ham | 115 g |
| 1/2 oz | thinly sliced Jarlsberg cheese | 14 g |

Directions

- 1** In a small mixing bowl, combine the cucumber, vinegar, mustard and salt.
- 2** Cut off a small slice from the edge of the pita bread and open it to form a pocket.
- 3** Line the pocket with the ham and cheese, tuck the cucumber relish inside and serve.

Tip: This is a large sandwich. If you'd like to convert it to a K2, simply cut it in half and share with a friend.

Information per serving:

K-Count: 4

Calories: 345

Protein: 30.3 g

Carbs: 36.8 g

Fat: 8.3 g

Recipe courtesy of Kinetix