

Cheese Roll-Me-Ups

(Ham & Cheese Roll-Up)

Serves 4

Ingredients

- 4 slices white bread
- 2 oz. thin sliced cooked ham
- 4 (1 oz.) Colby-Monterey Jack cheese sticks
- ½ cup honey mustard salad dressing
- Toothpicks

Directions

1. Cut crusts from bread slices.
2. With rolling pin, roll out each bread to ¼ inch thickness
3. Place ¼ of ham on each bread slice.
4. Top each with cheese stick; roll-up.
5. Place toothpicks at 1 inch intervals, starting ½ inch from end
6. Cut pieces between toothpicks.
7. Serve with salad dressing for dipping.



Nutrition Facts:

Calories 230
Total Fat 14 g
Protein 16 g
Calcium 20% Daily Value



Tip from Coco:

Cheese is good source of protein to build healthy bodies.

Cheesy Sweet Cakes

(Quick Cheesecake)

Serves 4

Ingredients

- 4 whole wheat graham crackers
- 4 T. Ricotta cheese
- 4 T. jam of your choice

Directions

1. Spread graham crackers with Ricotta cheese.
2. Top with your favorite jam.



Nutrition Facts:

Calories 135
Total Fat 3 g
Protein 3 g
Calcium 5% Daily Value



Tip from Coco:

Cheese is one of the healthiest snacks for your teeth.