



# Mexican Sandwich

Total: 5 min · Prep: 5 min · 2 servings · Easy · Snacks

## INGREDIENTS

2 pc Tortilla or lavash

15 g Hard cheese, grated

30 g Turkey ham

15 g Lettuce leaves or spinach

## INSTRUCTIONS

- 1 Chop and place the lettuce and ham on the first tortilla.
- 2 Sprinkle everything with grated cheese.
- 3 Cover with the second tortilla.
- 4 Toast on a dry pan until the cheese melts and the tortilla becomes golden.
- 5 Cut into convenient pieces.

**Nutrition per serving:** 282 kcal · Protein **15.0 g** · Fat **9.0 g** · Carbs **33.0 g** · Fiber **1.8 g**