



Ham & Vegetable Wraps

This dish is altogether too simple to prepare and serves as a colourful appetizer. Makes 8 appetizers.

Ingredients:

8 fresh green beans
2 carrots
1 small zucchini
1 red or yellow bell pepper
8 slices Freybe Honey Ham
Honey Mustard

To prepare:

1. Blanch beans and carrots just until tender crisp. Plunge into cold water to stop the cooking and then blot dry.
2. Cut carrots and zucchini into 8 julienne strips $\frac{1}{4}$ inch x 3 inches (.5 cm x 8 cm).
3. Cut pepper in half and remove the seeds. Cut into 8 julienne strips.
4. Take a strip of each vegetable and wrap up in a slice of honey ham. Secure roll with a toothpick.
5. Place seam side down in a microwave safe dish. Repeat with remaining ham slices and vegetables, rolling and placing seam side down in dish in a single layer.
6. Lay a sheet of waxed paper over top and microwave on high for 1 to 2 minutes, or just until they are warm.
7. Remove to a serving dish and serve with a dollop of honey mustard for dipping.