



persiMon® Wrapped in Serrano Ham with Manchego and Watercress

Refreshing and refined, these hors d'oeuvre parcels are perfect for any occasion. The sweet, juicy flavour of the persiMon® pairs perfectly with the richness of the Manchego and the peppery watercress.

Makes 12 servings

Ingredients

6 slices Serrano ham
1 persiMon®, cut into 12 wedges
1/2 cup (125 ml) watercress
1/3 cup (75 ml) Manchego cheese, sliced into 12 equal pieces

Preparation

Cut Serrano ham in half lengthwise. Place a persiMon® wedge on top of a strip of ham.

Place a few pieces of watercress on one side of the persiMon®. Add one piece of cheese on top of the watercress and wrap.

PER SERVING (1 wedge): 41 calories, 2 g fat, 1 g saturated fat, 10 mg cholesterol, 160 mg sodium, 3 g carbohydrates, 1 g fibre, 2 g sugars, 3 g protein. % RDI: 4% calcium, 0% iron, 2% vitamin A, 2% vitamin C.

