

## Ham and Parmesan Sandwiches with Herbed Mayonnaise and Apricot Jam



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The extra detail of the herbs in the mayonnaise and apricot jam really gives a simple ham sandwich something special. Note that butter lettuce is also known as Boston or Bibb lettuce.

### Yield

Serves 4

### Ingredients

- 8 slices fresh bakery bread, unsliced or sliced thick at the bakery
- 1 teaspoon finely chopped fresh rosemary
- 1 teaspoon finely chopped fresh Italian parsley
- 3 tablespoons mayonnaise
- Pepper, black, to taste
- 2 tablespoons apricot jam
- Roasted Black Forest or peppered ham, thickly sliced, enough for 4 sandwiches
- 2 teaspoons Dijon mustard (1/2 teaspoon per sandwich)
- Parmesan cheese, sliced with vegetable peeler into thin slices
- Butter lettuce, 2 leaves per sandwich

### Ingredients

Tools and Equipment:

- Knife
- Cutting board
- Measuring spoon
- Small mixing bowl
- Vegetable peeler

### Directions

1. Slice the bread to the desired thickness or have the bakery cut the loaf in large slices (Texas-toast sized). Lay the slices out on the work surface. 2. In a small bowl, mix the rosemary and parsley with the mayonnaise and stir until combined. 3. Spread the mayonnaise on one slice of each sandwich and sprinkle with pepper. Spread the apricot jam on the other slices. Put the cooked ham on the mayonnaise side and top with mustard. 4. Put the Parmesan cheese slices on the ham slices. 5. Top with the lettuce leaves. Put the slices with the jam on top of the other slices. Cut in half.

#### **Nutritional Information**

Nutritional information is based on using 2oz of Black Forest Ham per sandwich and .5 oz Parmesan Cheese per sandwich.

- **Calories:** 788kcal (39%)
- **Calcium:** 255mg (26%)
- **Vitamin C:** 3mg (4%)
- **Vitamin A:** 69mcg RAE (2%)
- **Potassium:** 408mg
- **Magnesium:** 68mg
- **Protein:** 39g
- **Sugar:** 10g
- **Fiber:** 5g
- **Total Carbohydrate:** 120g
- **Cholesterol:** 29mg (10%)
- **Sodium:** 2067mg (86%)
- **Saturated Fat:** 5g (27%)
- **Fat:** 17g (27%)
- **Iron:** 8mg (42%)