

Delicious avocado, lettuce & ham sandwiches



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Preparation 10 mins | Makes 2

- 1 medium ripe avocado
- 1 tbs lemon juice
- 1 Lebanese cucumber
- 4 slices wholemeal bread
- 6 small baby gem lettuce leaves
- 120g ball fresh mozzarella cheese, drained and sliced
- 4 thin slices leg ham
- Butter or margarine, for spreading

STEP 1 Halve avocado, remove seed and scoop flesh into a bowl. Add lemon juice and season with salt and pepper to taste. Using a fork, roughly mash avocado. Using a vegetable peeler, slice cucumber lengthways into thin ribbons (discard seed core).

STEP 2 Place 2 slices bread onto a board. Spread with avocado then top with lettuce, mozzarella, ham and cucumber. Lightly spread remaining bread with butter or margarine. Top sandwiches with the bread. Cut in half and serve.

Good for you... **AVOCADOS**

Avocados are one of the few fruits that contain some fat, but it's 'good' fat that is essential for health. Top of the fruit and vegetable class for vitamin E, a vitamin needed for healthy red blood cells. A good source of vitamin C, that helps keep gums and teeth healthy.

