

Pinwheel Sandwiches

Serves 4-8

Ingredients

4 medium slices of wholemeal bread/wraps
85g reduced fat cream cheese
2 thin slices of lean ham
2 tablespoons chopped fresh parsley
1 tablespoon finely chopped red pepper

Equipment: weighing scales, bread knife, chopping board, rolling pin. Small bowl, wooden spoon, dinner knife, cling film, plate.

Method:

1. Cut the crusts off the bread on the chopping board.
2. Roll each slice of bread flatter using the rolling pin.
3. Chop the ham into small pieces and beat in the cream cheese with the wooden spoon. Beat in the parsley and red pepper.
4. Spread the cream cheese mixture over the slices of bread using the dinner knife.
5. Starting at one side, roll up the bread tightly like a swiss roll.
6. Wrap each slice in cling film and chill for $\frac{1}{2}$ hour
7. To serve, remove the cling film and cut into slices.

Total Cost: £1.80

Cost per portion: 30p for 6 portions
45p for 4 portions

