***Ronaldo’s Cuban Sandwich***

(From “Chef Ronaldo's Sabores de Cuba”, p. 248)

*Sometimes we don’t have a lot of time to prepare a whole meal and need something quick. I always have high-quality deli meat on hand for times like these. But not all deli meat is created equal; look for healthy, low-sodium deli meats when shopping. There is no substitute for a true Cuban sandwich, but this recipe is a light, delicious take on the classic.*

PREP TIME: 10 minutes

COOKING TIME: 18 minutes

SERVES: 2

SERVING SIZE: 1/2 sandwich and 1/2 salad

SANDWICH

1 multigrain sandwich thin, split in half

Parchment paper

1 1/2 ounces low-fat sliced Swiss cheese

2 ounces sliced Hass avocado

1 1/2 ounces low-sodium sliced deli turkey

1 1/2 ounces low-sodium sliced deli ham

SALAD

1/2 cup baby arugula, washed

1/2 Roma tomato, sliced

1/8 cup sliced red onion

1/8 cup sliced cucumber

2 teaspoons chopped cilantro

2 teaspoons lime juice

1/8 teaspoon cracked black pepper

1. Preheat oven to 350°F.
2. Place both halves of multigrain roll on a baking sheet lined with parchment paper. Make sure the inside of the bun is facing up. To build the sandwich, layer Swiss cheese evenly on naked bun. Do the same with avocado, turkey, and ham. Place sandwich in the oven for 12 minutes. Remove sandwich from oven and close the roll.
3. Preheat a nonstick pan over medium heat. Place the sandwich in the middle of the pan and press down using a spatula or the bottom of a clean saucepan for 2–3 minutes. Flip the sandwich and repeat on the other side. This will give you the pressed look of a traditional Cuban sandwich. Cut in half.
4. Add arugula, tomato, red onion, cucumber, cilantro, lime juice, and black pepper to a bowl, and toss ingredients together. Serve with the sandwich. Now take a big bite of that delicious sandwich.

**Exchanges/Food Choices:**

1 starch, 2 1/2 lean protein

Calories 190 | Calories from Fat 50 | Total Fat 6g | Saturated Fat 2g | Trans Fat 0g | Cholesterol 30mg | Sodium 510mg | Potassium 420mg | Total Carbohydrate 16g | Dietary Fiber 3g | Sugars 5g | Protein 20g | Phosphorus 290mg

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