

CARBCONTROL RECIPES

MAINS

Chicken Salad Ham Rolls – serves 4

1 cup cooked diced chicken
¼ cup mayonnaise
¼ cup chopped parsley
¼ cup chopped celery leaves
1 tsp seasoned salt
6 black olives, diced
4 tbsp minced fresh green pepper
8 slices boiled ham
lettuce leaves

combine all ingredients except ham and lettuce. Spread mixture on ham slices and roll each one up. Secure with tooth pick, and serve seam side down on a bed of lettuce.