



Ham Cuisine

by Kristin, K6PEQ

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Aegean Island Ham Sandwich

While you're eating this yummy sandwich, imagine that you are relaxing on a beach chair in the Mediterranean with your favorite QRP rig and a vertical in the water or reading a good book with the sound of the waves crashing in the background.

Ingredients:

1/2 cup shredded ham
1 tablespoon olive oil
2 teaspoons fresh lemon juice
1 cup spinach leaves
1 teaspoon dried oregano
2 pita bread halves

Cooking Directions:

In a small bowl, toss together ham, olive oil, lemon juice, spinach and oregano. Divide ingredients evenly between pita halves.

Serves 2.

Serving Suggestions:

Serve with marinated olives and some sweet potato fries for a side. This Aegean island ham sandwich goes well with a Pina Colada. Then again, I typically recommend a Pina Colada with any meal.

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