

- » 8 ounces (240 g) Swiss cheese (grated)
- » 4 ounces (120 g) ham (grated)
- » 2 tablespoons (30 mL) margarine (softened)
- » 1/4 teaspoon (1 mL) thyme

---

**YIELD:** 34 servings

**EXCHANGE:** 1/2 high-fat meat per serving

**CALORIES:** 51 per serving

Combine all ingredients; mix thoroughly. Shape 2 teaspoons (10 mL) of mixture into a ball. Repeat with remaining mixture.