

Grilled Cheese Sandwiches

Recipe Type: Main Dish

Serves: 4

Prep Time: 10 minutes

Cooking Time: 10 minutes

C means cup **T** means tablespoon **t** means teaspoon **oz** means ounce

What you need:

- 8 slices whole wheat bread
- 1 tomato
- 1/4 C shredded low fat cheddar cheese
- 2 slices low sodium American cheese
- 1/2 t low or reduced fat margarine

What to do:

1. Wash your hands.
2. Slice the tomato.
3. Lay down 4 slices of bread.
4. On each slice of bread place:
 - 3 tomato slices
 - 2 T shredded cheese
 - 1/2 slice American cheese
 - A slice of bread
5. Place the margarine in a skillet.
6. Turn the heat on low and let the margarine melt.
7. Grill each sandwich on both sides until the bread is crisp and brown.
8. Serve warm and enjoy!

Tip: Make this more healthy by using whole wheat bread.



This is a picture of 1 serving.

Nutrition Facts

Serving Size 1 sandwich

Amount Per Serving

Calories 220

Calories from Fat 60

%Daily Value*

Total Fat 6 g **9%**

Saturated Fat 2.5 g **13%**

Trans Fat 0 g

Cholesterol 10 mg **3%**

Sodium 320 mg **13%**

Total Carbohydrate 30 g **10%**

Dietary Fiber 8 g **32%**

Sugars 7 g

Protein 12 g

Vitamin C 10%

Calcium 40%

* Percent Daily Values are based on a 2,000 calorie diet.

FK= 1.1; 6/9/2015

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