

Easy Cheesy Grilled Sandwich

Ingredients

YIELDS: 6 half sandwiches

PREP TIME: 10 minutes

- Non-stick cooking spray
- 2 apples
- 1 cup (250mL) cheddar cheese
- 6 slices whole grain bread
- Non-hydrogenated margarine (optional)



EQUIPMENT: Cheese grater / 2 knives / cutting board / knife / flipper / electric skillet / set of dry measuring cups / large plate for serving / small plates for sampling

Directions

- 1) Wash apples thoroughly under cool running water. Cut into thin slices (do not peel).
- 2) Grate the cheese.
- 3) If desired, spread a thin coating of non-hydrogenated margarine on each slice of bread.
- 4) If not using margarine, spray skillet with non-stick cooking spray.
- 5) Distribute grated cheese and apple slices over the 3 slices of bread (on the side without margarine). Top with second slice of bread (margarine side out).
- 6) Heat skillet to medium.
- 7) Grill sandwiches in skillet until lightly browned and cheese begins to melt, flip sandwich to cook the other side.
- 8) Remove sandwiches from skillet. Slice into quarters.

Chef's Tip



Enhancing this classic sandwich with apple is a great way to add some fruit to your meal!

Let's Get Cookin'!

