



## *The Ultimate Grilled Cheese*

whole-wheat bread

2 teaspoons of butter:

reduced-fat cheese Try a different variety of cheese like: Mozzarella, Colby-jack, Swiss Cheese, Provolone, or even Pepper Jack.

For fun, flavorful fillings try: Asian pears, fresh basil, sun-dried tomatoes:

red and yellow bell peppers, fresh baby spinach leaves, and lean Canadian bacon or ham.

### **Directions:**

1. Grate the cheese
2. Melt the butter in the microwave.
3. Brush the butter on one side of each slice of bread using a pastry brush.
4. Place the buttered side of one slice of bread down on a medium size frying pan and turn the heat to medium-low.
5. Sprinkle on the cheese and add your favorite flavorful fillings, and top with the other slice of bread.
6. Cook each side of the sandwich very slowly (5 – 8 minutes) until golden-brown, crispy and crunchy on the outside, and gooey on the inside. Yum!  
You did it!