



Easy Cheesy Grilled Sandwich

YIELDS: 6 half sandwiches

PREP TIME: 10 minutes

Ingredients

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



Figure 1. Sliced apples

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!