

Grilled Cheese and Tomato Sandwich

Recipe makes: 1 serving (1 sandwich per serving)

Preparation time: 5 minutes

Cook time: 10 minutes

Equipment: one cutting board, one knife, paper towel, one plate, one butter knife, one frying pan, one stove or hot plate, one spatula, one serrated knife

What you need to make this recipe:

- 2 tomato slices
- Pinch of salt
- 2 slices whole grain bread
- ½ teaspoon soft butter (or margarine)
- 19 g (0.6 oz) low-fat cheese, sliced

How to make Grilled Cheese and Tomato Sandwich:

1. Put a piece of paper towel on a clean plate.
2. Put the tomato slices on the paper towel and sprinkle with a small amount of salt.
3. Spread ¼ teaspoon butter on one side of each slice of bread.
4. Pat the tomato slices dry with a piece of paper towel.
5. Heat the frying pan over medium high heat.
6. When the pan is warm, put one slice of bread in the pan with the buttered side down. Put the cheese and tomato slices on the bread. Put the other slice of bread on top of the cheese and tomato, buttered side up.
7. Cook the sandwich for 4 to 5 minutes or until the cheese starts to melt.
8. Using a spatula, flip the sandwich. Cook for another 4 to 5 minutes or until the cheese is melted.
9. Using the spatula, take the sandwich out of the pan and put it on a plate. Cool for 5 minutes.
10. To serve, cut the sandwich in half or into quarters.

Allergy information:

Contains milk, wheat, and gluten.

Substitutions:

To make this recipe wheat and gluten-free, use gluten-free bread.

Storage information:

The sandwich can be stored in an airtight container or wrapped in plastic wrap in the fridge for up to 3 days.

Nutrition Facts		
Per 1 serving (1 sandwich)		
Calories	200	% Daily Value*
Fat 4 g		5 %
Saturated 1.5 g		8 %
+ Trans 0.1 g		
Carbohydrate 26 g		
Fibre 4 g		14 %
Sugars 5 g		5 %
Protein 14 g		
Cholesterol 10 mg		
Sodium 410 mg		18 %
Calcium 250 mg		19 %
Iron 1.5 mg		8 %
Vitamin A 50 µg		6 %
Vitamin C 6 mg		7 %
5% or less is a little , 15% or more is a lot		
Nova Scotia School Food and Beverage Standard: Maximum		



MEDAVIE

