

## Pineapple Pepper Jack Grilled Cheese

Each Recipe Makes 4 Sandwiches

8 slices whole wheat white sandwich bread  
2 t unsalted butter  
1/2 cup pineapple chunks  
1/2 cup red bell peppers  
4 -1oz. slices pepper jack cheese

Ensure all ingredients are at room temperature



**Stovetop:** Place peppers and pineapple in a nonstick pan and cook covered over a medium heat for 2 minutes. Remove cover and cook an additional minute stirring once; remove from pan and place in a bowl. Butter all pieces of bread with ~1/4 t butter per slice. Reduce heat to low-medium. Ensuring both buttered sides are on the outside, assemble the sandwiches by placing one slice of cheese and two tablespoons of pineapple mixture on one slice of bread and top with another. Place sandwich in pan, cover, and heat for just over a minute. Remove, flip sandwich and continue to eat for another minute. Serve with a side of raw veggies.

**Oven:** Turn oven to broil setting. Repeat all directions as above until assembly. Place buttered bread on a sheet pan butter side up on the middle rack of the oven for 30 seconds. Remove from oven, flip bread, place a piece of cheese on half the slices and 2 T of pineapple mixture on the others. Broil for 45 seconds. Top a pineapple half with a cheese half and enjoy.

Nutrition information per sandwich: 200 calories, 6g fat (3g saturated fat), 9g protein, 310mg sodium, 4g dietary fiber. Good source of: vitamin A and C, excellent source of calcium.  
Adapted from [www.grilledcheeseacademy.com](http://www.grilledcheeseacademy.com)

