

Smoky Apple Grilled Cheese

Each Recipe Makes 4 Sandwiches

8 slices whole wheat white sandwich bread
2 t unsalted butter
1 apple cut into thin slices
4 -1oz. slices smoked gouda cheese

Ensure all ingredients are at room temperature



Stovetop: Butter all pieces of bread with ~1/4 t butter per slice. Heat pan at medium heat for 1 minute then reduce heat to low-medium. Assemble the sandwiches by placing one slice of cheese and one quarter of the apple slices on one slice of bread and top with another, ensuring both buttered sides are on the outside. 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. Butter bread as above. Place buttered bread on a sheet pan butter side up in the middle of the oven for 30 seconds. Remove from oven, flip bread, and place a piece of cheese on half the slices and a quarter of the apple slices on the other. Broil for 45 seconds. Top an apple half with a cheese half and enjoy.

Nutrition information per sandwich: 280 calories, 12g fat (7g saturated fat), 14g protein, 500mg sodium, 5g dietary fiber. Excellent source of calcium.

