

Grilled Cheese

Ingredients

- 4 slices whole wheat bread
- 1 cup shredded cheddar cheese, reduced fat
- pan spray

Directions

1. Lay bread out on a baking sheet lined with parchment paper, open faced.
2. Place 1/2 cup of cheese on each sandwich. Replace top piece and lightly spray each sandwich with pan spray.
3. Place in 350° F oven for 10-12 minutes until cheese is melted and bread is toasted golden brown.
4. Cut each sandwich in half and serve.

Notes

Number of Portions: 4

Serving Size: 1/2 sandwich

Nutrition Facts: 176 calories, 10.22 g fat, 6.5 g saturated fat, 392 mg sodium, 12.09 g carbohydrate, 2 g fiber, 2 g sugar, 12.92 g protein

