

# GRILLED CHEESE & APPLE SANDWICH

SERVES 2

## INGREDIENTS



4 SLICES

WHOLE GRAIN BREAD



2 TEASPOONS

HONEY MUSTARD



1/2 APPLE,

CORED & SLICED



2 SLICES

CHEDDAR CHEESE



COOKING SPRAY

## INSTRUCTIONS

1. Make the sandwiches by laying out 2 bread slices. Spread 1 teaspoon of honey mustard on each slice. Top each slice of bread with 2 slices of apple and 2 slices of cheese. Top with remaining 2 slices of bread.
2. Heat a nonstick pan over medium heat and spray with cooking spray. Add sandwiches and coat the top slice with cooking spray as well. Press down sandwich with a spatula and cook for 3-4 minutes.
3. Flip and cook for another 2 to 3 minutes until golden brown. Serve and enjoy!



## Nutrition Facts

Servings: 2

Amount per serving

**Calories**

**311**

% Daily Value\*

Total Fat	11.5g	15%
Saturated Fat	6.4g	32%
Cholesterol	29mg	10%
Sodium	500mg	22%
Total Carbohydrate	42.8g	16%
Dietary Fiber	6.7g	24%
Total Sugars	16.8g	
Protein	13.3g	
Vitamin D	4mcg	22%
Calcium	552mg	42%
Iron	3mg	14%
Potassium	147mg	3%



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