



# Supreme Veggie Grilled Cheese

Servings 2 | Prep time 10 mins. | Total time 20 mins.

## Equipment:

Medium or Large Skillet

Measuring Cups and Spoons

## Utensils:

Chef Knife

Butter Knife

Spatula

## Ingredients

1 medium pepper (red, yellow, or green), sliced

1/2 onion, sliced

4 slices whole wheat bread

1/4 tablespoon butter or margarine

1/8 teaspoon garlic powder

4 slices low-fat cheddar cheese

1 cup spinach, rinsed

## Instructions

1. Before you begin, wash your hands, surfaces, utensils, and produce.
2. Lay out 4 slices of bread. Spread the outside of each slice of bread thinly with butter or margarine.
3. Lightly sprinkle outside of bread with garlic powder on top of butter or margarine. These sides of the bread will be placed down to be grilled in the pan.

4. Place a slice of cheese on bread. Add in layers of spinach leaves, peppers, and onions on two slices of bread. Add the second slice of cheese. Top with another piece of bread, keeping garlic powder and butter or margarine on the outside.
5. Heat a skillet to medium-low. Lay sandwiches in skillet. Cover with a plate, lid, or aluminum foil.
6. Heat sandwiches until cheese melts and bread is toasted, 2-3 minutes. Flip and toast other side until golden.

### **Nutritional Information:**

Calories 370   Total Fat 13g   Sodium 660mg   Total Carbs 40g   Protein 23g