



Supreme Veggie Grilled Cheese

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

Equipment:

Medium or large frying pan

Utensils:

Chef knife

Butter knife

Spatula

Measuring cups and spoons

Ingredients

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

1/2 onion, sliced

4 slices whole wheat bread

1/4 tablespoon butter OR margarine

1/4 teaspoon garlic powder

4 slices cheddar cheese

1 cup fresh spinach

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and produce.
2. Lay out 4 slices of bread. Thinly spread the outside of each slice of bread 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 side without garlic powder and butter or margarine. 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 frying pan to medium-low. Lay sandwiches in frying pan, and cover with 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