



Build-a-Grilled Cheese

Ingredients:

Bread (any type you have)

Cheese (any type)

Toppings bar: Red onion, pepper, tomatoes, canned tuna fish, cucumbers, avocado


Directions:

1. Preheat oven to 400 degrees F
2. Spray baking sheet with non-stick spray
3. Assemble sandwich to your liking
4. Place sandwiches on baking sheet and bake for 15 minutes or until golden brown

Cookware needed:

Baking sheet
Non-stick cooking spray

Cost: 

Ease: 

Health Benefit: This meal provides you with good amounts of protein and fiber to help keep you fuller for longer between meals. If adding avocado as a topping, you will be adding good, healthy fat to aid in heart health.

Grilled cheese is always a fun and delicious meal. Instead of making it the traditional way, why not be fun and creative, and let everyone choose their own toppings!

Substitutions:

1. The topping bar can really be filled with any of your families favorites!