

# MyPlate Grilled Cheese



# MyPlate GRILLED CHEESE

Prep Time: 10 minutes

Cook Time: 5 min.

Yields: 4 servings

Serving Size: 1 sandwich

## INGREDIENTS

- 8 slices Whole-grain bread
- 6 sticks Cheese, low-fat
- 2 Tomatoes, sliced
- 1 cup Baby spinach or baby kale
- ¼ cup Chia seeds or flax seeds

## DIRECTIONS

1. Tear the cheese sticks apart. Set aside
2. Pull stems off spinach or kale.
3. Assemble the sandwich by placing on a slice of bread a layer of cheese strings, spinach, tomatoes, the seeds, another layer of cheese strings, and top with another slice of bread.
4. Heat up griddle or pan on medium heat. Place the sandwich on hot griddle or pan until golden brown and cheese is melted. Flip the sandwich over and cook until other side is golden brown and cheese is melted.
5. Serve and enjoy!

### Chef's Corner

Try using other dried fruits in this recipe such as cranberries, raisins, or a tropical blend.

Flax and chia seeds can be found at your local grocery store. You can find small packets of the seeds in the spice section.



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