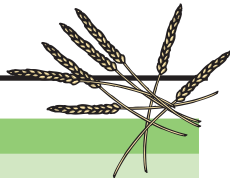


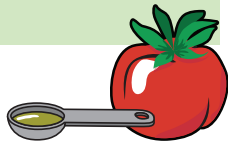
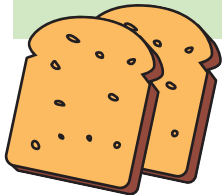
Grilled Cheese & Tomato



Ingredients:

- 2 slices 100% whole wheat bread
- 2 slices reduced fat (2%) cheddar cheese

- 2 thinly sliced tomatoes
- 1 Tablespoon olive oil
- 1/4 small garlic clove, crushed (optional)



Grilled Cheese & Tomato continued



Directions:

- 1** Over low temperature, heat small pot with olive oil (and crushed garlic if you are using it).
- 2** Heat a separate pan over medium heat.
- 3** Brush two slices of bread with the olive oil.
- 4** Place oiled side of bread down on pan. Top with 2 slices of cheese and 2 slices of tomato.
- 5** Place other slice of bread on top of cheese and tomato, oil side up.
- 6** Flip and grill other side of sandwich until cheese melts.

