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
- ¼ 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.