Module 3 Grilled Cheese & Tomato Sandwich

Ingredients:
- 2 slices of 100% whole wheat bread
- Part-skim mozzarella cheese or reduced fat cheese
- Cooking spray
- 1 fresh tomato, cut into small pieces no larger than ½ inch

Directions:
1. Have your child put together a tomato grilled cheese sandwich with 2 slices of 100% whole wheat bread, a few slices of cheese, and some small pieces of tomato.
2. Have your child stand back and watch from a safe distance while you grill the sandwich in a pan. Spray the pan with cooking spray instead of using butter or margarine on the slices of bread.
3. Cook on low heat until the cheese melts.

SAFETY TIPS!
- Keep all knives out of reach of a young child.
- Keep young children away from a hot stove and hot pans.
- Cut tomatoes into pieces no larger than ½ inch to prevent choking.

REMEMBER:
Your children are more likely to try a new food if you try it with them!
100% whole wheat bread

fresh tomatoes

reduced-fat cheese or part skim mozzarella cheese

cooking spray

USDA is an equal opportunity provider and employer. This material was funded by USDA’s Supplemental Nutrition Assistance Program -- SNAP. The SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-432-6217.