



Ingredients



Grilled Cheese Sandwich



- 2 slices whole grain bread
- 1 ounce sliced cheese
- 2 tsp. butter
- 1 Tbsp mayo or other sauce
- 1 slice: tomato, onion or other favorite veggie

Yield: 1 sandwich

Serving size: 1 sandwich



Directions



- Spread butter on one side of each slice of bread.
- On the non-buttered side of the bread, spread the mayo (or other sauce) and layer with cheese and veggies. Place other slice of bread on top, butter-side facing away from the cheese.
- Place sandwich on pan and cook over medium-low heat until the bread has browned. Flip sandwich and brown other side. Enjoy!

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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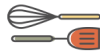
Fast Facts



Featured Food Groups



Cooking Tips



- Try whatever cheese you have on hand: mozzarella, smoked cheddar, pepper jack.
- Experiment with different sauces like marinara, pesto, or even jam.
- Add whatever veggies or fruits that sound good to you. Pickles, avocados, apples, and pears all make great sandwich toppings.

Nutrition Facts

1 servings per container	
Serving size	1 Sandwich
Amount Per Serving	
Calories	400
% Daily Value*	
Total Fat 20g	26%
Saturated Fat 11g	55%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 630mg	27%
Total Carbohydrate 37g	13%
Dietary Fiber 5g	18%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 18g	36%
Vitamin D 0.4mcg	2%
Calcium 338mg	25%
Iron 2.16mg	10%
Potassium 235mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Second Harvest is an equal opportunity provider.



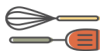
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