## **SHOPPING LIST**

**Grilled Cheese:** 

Olive Oil

Whole-Wheat Bread

Pepper

With Apple:

Apple

Cheddar Cheese

With Tomato:

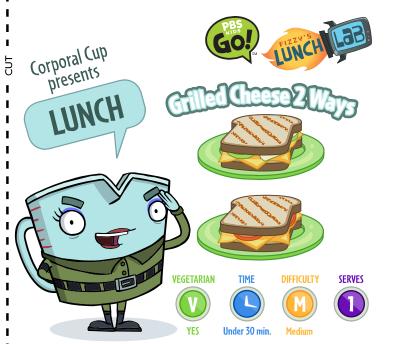
Tomato

Mozzarella Cheese

**Kosher Salt** 

First, check off the items you already have at home.





# YOU WILL NEED

#### **Grilled Cheese** & Apple



4 thin apple slices



2 slices cheddar cheese



**Pinch** black pepper



5

2 slices whole-wheat bread

I teaspoon extra-virgin olive oil

### **Grilled Cheese** & Tomato



4 slices (¼" thick) vine-ripe tomato



2 slices mozzarella cheese



Pinch black pepper & kosher salt



2 slices whole-wheat bread

I teaspoon extra-virgin olive oil

#### **ATTENTION KIDS: Always cook with a grownup!**



STEP 1: Sandwich the apples OR tomato, cheese, and pepper between the slices of bread. Brush both sides of the sandwich with the oil.

STEP 2: Heat a 10-inch nonstick skillet over medium heat; once hot, add the sandwich and press lightly with a spatula. Cook until golden brown on the first side, about 4 minutes. Flip the sandwich and brown on the second side, about 4 minutes longer. Serve.

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Sodium 440mg Total Carbohydrate

18%

Saturated Fat 6g Trans Fat 0g holesterol 30mg

Sugars 3g

Calorie	*Percent D. diet. Your d depending Total Fat Saturated Cholesterol Sodium Total Carbo Dietary Fi	Calci
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tein 4	2,500 80g 25g 300mg 2,400mg 375g 30g	

16%	Dietary Fiber 4g
8%	Total Carbohydrate 24g
18%	Sodium 440mg
10%	Cholesterol 30mg
	Trans Fat 0g
30%	Saturated Fat 6g
25%	Total Fat 16g
% Daily Value*	1%
n Fat 140	Calories 290 Calories from Fat 140
	Amount Per Serving
9	Serving Size 1 sandwich (89g) Servings Per Container 1
<b>Facts</b>	<b>Nutrition Fa</b>
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Cal Vita

Nutrition **Facts** 

Grilled Cheese & Apple

Grilled Cheese & Tomato