

## **Grilled Cheese and Tomato Sandwich**

Makes 1 Serving

### *What you need:*

- 1 slice low-fat cheddar cheese
- 2 slices whole wheat bread
- 1 slice tomato
- Basil to taste
- 1 Teaspoon butter



### *All you do:*

- 1.) Lay the cheese on one slice of bread. Top with the tomato, basil and the second slice of bread.
- 2.) In a small skillet over medium-high heat, melt the butter. Cook the sandwich for about 2 minutes per side, or until the cheese is melted and the bread is golden brown.

Nutritional Information, 320 Calories, 12g Fat, 6g Protein, 40g Carbohydrates, 621mg Sodium