## **Ingredients**

* 2 slices whole grain bread
* 2 teaspoons butter
* 2 slices Swiss cheese
* 2 thin slices deli ham
* 1 teaspoon mayonnaise
* 1 teaspoon whole grain mustard

## **Directions**

* Gather all ingredients.
* Preheat a skillet over medium-high heat.
* Spread one side of each slice of bread with 1 teaspoon butter.
* Place one slice butter-side down in the hot skillet. Top with Swiss cheese and ham.
* Spread the unbuttered side of second slice of bread with mayonnaise and mustard; place it butter-side up on sandwich.
* Cook in the hot skillet until golden brown and cheese is melted, about 3 minutes per side.