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|  | **Ingredients** | **Step** |
| Tomato Melt | 1⁄4 cup  shredded **cheese** (try cheddar, mozzarella or a blend)  1 Tablespoon  **low-fat mayonnaise**  1⁄2 teaspoon  **prepared mustard**  2  **English muffins**, halved or 2 **bread slices** (try whole wheat)  1  medium **tomato**, cut into 4 slices or diced | 1. Drain and press tofu to remove extra liquid.  Crumble; set aside. 2. In a medium skillet over medium heat, sauté onion and bell pepper in oil until tender, 5-7 minutes. 3. Add spinach, garlic, salt and pepper.  Stir to combine. 4. Add tofu; cook and stir until heated through.  Sprinkle cheese over the top.  Serve hot. 5. Refrigerate leftovers within 2 hours. |