

Apple Cheddar Grilled Cheese



Ingredients:

- 2 tablespoons Dijon mustard
- 4 teaspoons maple syrup
- 4 slices whole grain bread
- 3 ounces sharp cheddar, grated
- 1 apple, thinly sliced
- Cooking spray

Directions:

1. In a small bowl, mix mustard and maple syrup.
2. Spread mixture over all four slices of bread.
3. Cover two slices of bread with grated cheese.
4. Layer sliced apples on top of cheese.
5. Top with two remaining slices of bread.
6. Spray cooking spray to a skillet and heat over medium-low heat.
7. Place sandwiches in skillet and cook until toasted and cheese melts.
8. Turn and toast second side. Serve immediately.

Makes 2 servings.



Tarrant County Public Health
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