



# APPLE CHEDDAR GRILLED CHEESE

SERVES  
1

## INGREDIENTS

- 2-4 slices Canadian cheddar cheese
- ½ apple, thinly sliced
- 2 slices whole grain bread
- ½ tbsp (7 mL) butter, softened

## DIRECTIONS

1. Slice enough cheese to cover your bread.
2. Put the cheese and apple between the two slices of bread.
3. Butter the outside of the sandwich.
4. Heat a frying pan on medium heat. Place sandwich in the pan and cook until the bottom is golden brown.
5. Flip the sandwich and cook until the other side is toasted and the cheese has melted.

## NOTES

Switch up the flavour! Combine different types of cheese in your sandwich.



Teach  
Nutrition.ca™  
By Dairy Farmers of Canada's  
Registered Dietitians

Easy to Make, Easy to Love. Recipes to Share with Others.