

Vermont

Grilled Cheese with Cheddar and Apples

Featured Food: Cheese

Makes: 4 sandwiches

Ingredients

- 4 teaspoons butter
- 8 slices whole grain bread, thin slice
- 8 slices cheddar cheese
- 2 apples, sliced thin

Directions

1. Heat the 4 teaspoons of butter in a large non-stick pan over medium heat.
2. Place 4 slices of whole grain bread in the pan.
3. Layer on bread (in this order) one slice of cheese, 4 to 6 apple slices, another slice of cheese, and another slice of bread on top.
4. After 4-5 minutes, flip each sandwich and cook another 4-5 minutes.



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