



LIVE WELL
ALABAMA

#EatBetter

Grilled Cheese Surprise

Helpful Hints

Mix it up! Try adding veggies to your favorite recipes.

Sometimes it's okay to play with food. Let your child—with clean hands—tear spinach leaves into pieces.

Cook on medium heat to avoid burning the outside of the bread.

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Grilled Cheese Surprise

Serves 4

Ingredients

Butter, softened
8 slices of whole wheat
bread
4 slices of cheese
2 tomatoes, sliced
Spinach leaves

Directions

1. Spread butter on one side of each slice of bread.
2. Place 4 slices of bread, buttered side down, in skillet. Top with cheese, tomato, and spinach. Put another slice of buttered bread, buttered side up, on top to complete the 4 sandwiches.
3. Cook on medium heat for 2 minutes. Flip each sandwich over to toast the other side.