



Grilled Ham & Cheese Sandwich

Info:

Makes 1 Servings 240 Calories per Serving

LOW CAL

Ingredients:



- ❖ 2 Slices Whole Wheat Bread
- ❖ 1 Can't Believe It's Not Butter Spray
- ❖ 1 Slice Sharp Cheddar Cheese
- ❖ 2 Slices 98% Fat Free Ham
- ❖ 1 Tbsp Fat Free Mayo

Preparation:



1. Preheat skillet over medium heat
2. Spray both sides of bread with butter
3. Grill one side of bread until golden brown
4. Place bread on paper towel and spread mayo on cooked side then place back on skillet mayo-side up
5. Grill until golden brown
6. Remove bread and place cheese on either slice
7. Cook ham slices in pan about 20 seconds per side, add to sandwich