



Toasted Cheese Sandwich

Info:

Makes 1 Servings 240 Calories per Serving

LOW CAL

Ingredients:

- ❖ 2 Slices Whole Wheat Bread
- ❖ 2 Slices Fat Free Cheese
- ❖ 2 Tbsp Fat Free Mayo



Preparation:

Toaster Oven Preparation:

1. Spread mayo on face-up side of bread slices
2. Place 1 slice of cheese onto each slice of bread, toast until cheese is melted. Stick together into sandwich.
3. Enjoy!



Toaster + Microwave Preparation:

1. Toast bread, spread mayo on face-up side
2. Place 1 slice of cheese onto each slice of bread, microwave 15-20 seconds until cheese is melted. Stick together into sandwich.
3. Enjoy!