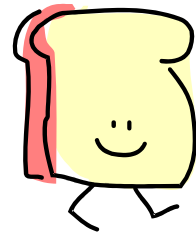


Pesto Grilled Cheese Sandwich



Prep time: 5 minutes
Cook time: 10 minutes
Servings: 1 servings

Ingredients:

- 2 slices of Italian bread (a healthier option would be whole grain bread)
- 1 tablespoon butter
- 1 tablespoon prepared pesto sauce, divided
- 1 slice provolone cheese
- 2 slices tomatoes
- 1 slice American cheese (can be omitted for a healthier option)

Directions:

1. Spread one slice of bread with butter and place it, buttered side down, into a non-stick skillet over medium heat.
2. Spread the top of the bread slice in the skillet with half the pesto sauce and place a slice of provolone cheese, the tomato slices, and the slice of American cheese onto the pesto.
3. Spread remaining pesto sauce on one side of the second slice of bread, and place the bread slice, pesto side down, onto the sandwich. Butter the top side of the sandwich.
4. Gently fry the sandwich, flipping once, until both sides of the bread are golden brown and the cheese has melted, about 5 minutes per side.

****Tip:** Spicing up an old classic is an easy way to keep lunchtime interesting. Adding pesto to the traditional grilled cheese offers some health benefits such as vitamin A for healthy skin and eyes, and unsaturated fat which may help to lower your risk of disease.

Nutrition Information (Per Serving):

Calories: 368
Total Fat: 23g
Cholesterol: 26mg
Sodium: 1011mg
Total Carbohydrates: 29g
Fiber: 2g
Sugar: 2g
Protein: 16g

Recipe adapted from allrecipes.com; Modified by Haley Deike, MSU Alumni