

SNEAK-EM-IN GRILLED CHEESE SANDWICH

Preparation: 10 minutes | Cooking: 5 minutes | Servings: 4

INGREDIENTS

8 slices wheat bread
8 slices cheddar cheese
1 cup chopped broccoli
1 cup chopped zucchini
1 cup chopped green bell pepper
8 tablespoons butter



INSTRUCTIONS

Arrange bread slices on a work surface. Place cheddar cheese slices on top of one bread slice. Layer 1/4 cup each of broccoli, zucchini and green bell pepper on top of cheese. Place the second piece of bread on top of the vegetables, creating a sandwich. Heat a nonstick skillet over medium-high heat. Melt 1 tablespoon butter for each slice in the hot skillet. Add sandwich to skillet, cover with a lid, and cook until bread is golden, about 45 seconds. Flip sandwich, add 1 tablespoon butter, and cook until bottom is golden, about 45 seconds more.