

# build a better GRILLED CHEESE

Warm up on a chilly day—and get a vitamin boost—with this super healthy Cheddar melt.

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## WHAT MAKES IT GREAT



### whole-grain multigrain bread

"Multigrain" doesn't guarantee it's whole-grain, so check the label.



### apple

Don't peel: The skin contains ursolic acid, which may help fight weight gain and asthma.



### mayonnaise

Lower in saturated fat than butter, this spread browns the bread slowly to a perfect golden hue.



### Cheddar

It's sharp, so you get a lot of taste from a small amount. Using it grated also helps you save calories.



### spinach

These tender, mild leaves pack nearly twice as much iron as other greens.

**13g**  
of protein  
per serving

Grab a  
seeded loaf  
for a little  
extra crunch.

Apple picking:  
Choose a red  
variety for a  
hint of sweetness,  
a green one  
if you prefer a  
tart flavor.

## Grilled Cheddar with Apples

**Prep:** 10 minutes  
**Cook:** 6 minutes per batch  
**Yield:** 4 sandwiches

- 4 tsp. mayonnaise
- 8 thin slices seeded whole-grain multigrain bread
- 4 tsp. grainy Dijon mustard
- 4 oz. sharp Cheddar, grated (1 cup)
- 1 medium apple, cored and thinly sliced
- 2 oz. baby spinach leaves (1 cup)

- 1 Place a heavy skillet over low heat.
- 2 Spread ½ tsp. mayonnaise on each bread slice and ½ tsp. mustard on other

side. Sprinkle half of cheese over mustard side of 4 slices. Add apple, spinach and remaining cheese. Top with remaining bread slices, mustard-side down.

3 Put 2 sandwiches in skillet; weigh down with another skillet. Cook until toasted, about 3 minutes. Turn sandwiches over, weigh down again and cook until cheese melts, about 3 minutes more. Transfer to a plate. Repeat to make other 2 sandwiches.

### PER SERVING (1 sandwich):

325 Calories, 16g Fat (7g Sat.), 32mg Chol., 5g Fiber, 13g Pro., 30g Carb., 562mg Sod., 8g Sugar, 2mg Iron, 269mg Calcium

