**Grilled Cheese & Tomato Sandwich**

### Ingredients

- 2 slices of bread
- 2 slices of tomatoes
- 2 slices of Swiss cheese (or your choice)
- 1 pinch Italian seasoning (optional)
- 1 pinch garlic powder
- 2 tablespoons butter

### Directions

1. In a small skillet over medium-high heat, melt the butter and add garlic powder.
2. Assemble sandwich in skillet by placing slice of bread then 1 slice cheese, tomato slices, seasonings, cheese and top with bread.
3. Cook until sandwich is brown on both sides and cheese is melted (~2 minutes each side).

*Makes 1 servings*

**Nutrition information per serving:**
- 559 calories, 40g fat,
- 31g carbohydrates, 700mg sodium, 19g protein