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