

# Grilled Cheese & Tomato Sandwich



## Ingredients

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