

## SHOPPING LIST

### Grilled Cheese:

- ☐ Olive Oil
- ☐ Whole-Wheat Bread
- ☐ Pepper

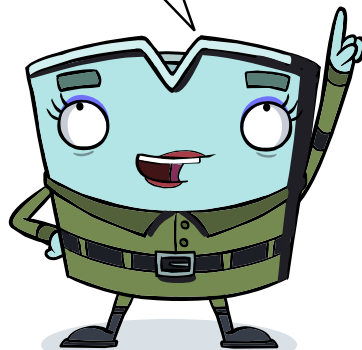
### With Apple:

- ☐ Apple
- ☐ Cheddar Cheese

### With Tomato:

- ☐ Tomato
- ☐ Mozzarella Cheese
- ☐ Kosher Salt

First, check off the items you already have at home.



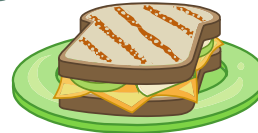
CUT

Corporal Cup  
presents

**LUNCH**



## Grilled Cheese 2 Ways



VEGETARIAN



YES

TIME



Under 30 min.

DIFFICULTY



Medium

SERVES



1



## YOU WILL NEED

### Grilled Cheese & Apple



4 thin apple slices



2 slices  
cheddar cheese



Pinch  
black pepper



2 slices  
whole-wheat bread



1 teaspoon  
extra-virgin  
olive oil

### Grilled Cheese & Tomato



4 slices (1/4" thick)  
vine-ripe tomato



2 slices  
mozzarella cheese



Pinch  
black pepper &  
kosher salt



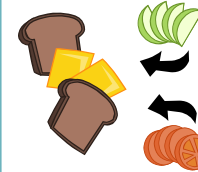
2 slices  
whole-wheat bread



1 teaspoon  
extra-virgin  
olive oil

## DIRECTIONS

### ATTENTION KIDS: Always cook with a grownup!



**STEP 1:** Sandwich the apples OR tomato, cheese, and pepper between the slices of bread. Brush both sides of the sandwich with the oil.



**STEP 2:** Heat a 10-inch nonstick skillet over medium heat; once hot, add the sandwich and press lightly with a spatula. Cook until golden brown on the first side, about 4 minutes. Flip the sandwich and brown on the second side, about 4 minutes longer. Serve.

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Grilled Cheese & Tomato

## Nutrition Facts

Serving Size 1 sandwich (89g)

Servings Per Container 1

Amount Per Serving	Calories 290	Calories from Fat 140
	% Daily Value*	
Total Fat 16g	25%	
Saturated Fat 6g	30%	
Trans Fat 0g		
Cholesterol 30mg	10%	
Sodium 440mg	18%	
Total Carbohydrate 24g	8%	
Dietary Fiber 4g	16%	
Sugars 3g		
Protein 14g		
Vitamin A 6%	Vitamin C 0%	
Calcium 25%	Iron 8%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

Grilled Cheese & Apple

## Nutrition Facts

Serving Size 1 sandwich (146g)

Servings Per Container 1

Amount Per Serving	Calories 320	Calories from Fat 140
	% Daily Value*	
Total Fat 16g	25%	
Saturated Fat 6g	30%	
Trans Fat 0g		
Cholesterol 30mg	10%	
Sodium 440mg	18%	
Total Carbohydrate 32g	11%	
Dietary Fiber 5g	20%	
Sugars 9g		
Protein 14g		
Vitamin A 6%	Vitamin C 4%	
Calcium 25%	Iron 8%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4