Supreme Grilled Cheese Sandwich

Serves: 1  |  Serving size: 1 sandwich

Ingredients Needed:

- ¼ cup bell pepper (red, yellow, or green), sliced thinly
- ¼ cup onion, sliced thinly
- 2 slices whole wheat bread
- ½ tablespoon butter
- Pinch of garlic powder
- ½ cup spinach leaves, rinsed
- 1 slice (about 1 ounce) mozzarella cheese
- Nonstick cooking spray

Directions:

1. Slice onion and pepper very thin.

2. Lay out 2 slices of bread. Spread each slice with the butter.

3. Sprinkle lightly with garlic powder.
4. Add the spinach leaves, peppers, onions in layers and top with mozzarella cheese. Add 2\textsuperscript{nd} slice of bread, buttered side down.

5. Heat a skillet or pan to medium-low. Spray with cooking spray. Lay sandwich in a skillet or pan. Cover with plate, lid, or aluminum foil.

6. Heat sandwich until cheese melts (about 2–3 minutes), flipping halfway through or until the bread is golden brown. Serve.

Variations:

- You can use other cheeses, but mozzarella is lower in fat and melts well.
- Add other vegetables such as mushrooms or tomatoes.
- Make this an open-face sandwich using only 1 slice of bread.