

Green apple, cheddar cheese Panini with honey mustard

Difficulty level- easy Price- moderate

3 granny smith apples, sliced
Honey
Dijon mustard
Sharp cheddar cheese
Good quality whole grain bread
Cooking spray

For one sandwich, take two slices of bread, drizzle with honey and spread a small amount of mustard on the bread. Top with several slices of green apple and about an ounce of cheddar cheese. Top with the second slice of bread. Spray a sauté pan or grill and place the sandwich on the grill. Grill until the bread is golden brown and cheese is melted. Cool slightly and serve.