

Grilled Cheese, Tomato, and Roasted Yellow Pepper Sandwich

“A wonderful twist on the classic grilled cheese and a great way to sneak extra vegetables into your day (one sandwich supplies 2 servings of vegetables)”.

Makes 3 sandwiches

INGREDIENTS:

- 1 tablespoon sun-dried tomato paste
- 2 tablespoons tomato paste
- 1 teaspoon canned chipotle pepper, diced
- 2 teaspoons honey
- 6 slices French or sourdough bread
- 6 ounces low-fat cheddar cheese, grated
- 3 firm medium tomatoes, sliced thin
- 3 thin slices red onion
- 1 yellow pepper, seeded, sliced into 6 slices, and roasted
- 1/2 cup cilantro
- Cooking spray

DIRECTIONS:

- Heat nonstick skillet or griddle.
- Blend pastes, chipotle pepper, and honey. Spread 1 tablespoon mixture on one side of all 6 slices of bread.
- Divide half of cheese equally and place 3 slices of bread, paste side up. Top with tomatoes, red onion, roasted yellow paper, cilantro, and second half of cheese. Top with remaining 3 slices of bread, paste side inward.
- Coat skillet or griddle with cooking spray and arrange 3 sandwiches. Cook until each side of bread is golden brown, approximately 5 minutes per side. Serve warm.