

Grilled Cheddar Cheese Sandwich



An easy-to-prepare comfort food, grilled cheese sandwich have been enjoyed since ancient Roman days. It's a basic breakfast sandwich made generally with one or more varieties of cheese on any sort of bread.

Ingredients

- **2 Slices of Whole Wheat Bread**
- **2 Tbsp of Butter/ Ghee**
- **4 Tbsp of Sharp Cheddar Cheese**
- **A Dash of salt and Pepper**

Method



Put cheddar cheese on one side of bread



Grill the bread on skillet



Cover the skillet to grill

- **Preheat skillet over medium heat.**
- **Apply butter on one side of a slice of bread.**
- **Place the butter-side of bread-down onto skillet and add sharp cheddar cheese over it. Add dash of salt and pepper.**
- **Apply butter on one side of second slice of bread and place butter-side of bread-up on top of sandwich. Cover skillet with lid and grill until it changes to brown colour and flip over; continue grilling until cheese is melted.**

- **Grilled Cheese Sandwich is ready.**

Tips

- **Serve it with a bowl of any soup.**
- **Use any sort of cheese or bread of your choice.**



Health Benefits of Grilled Cheese Sandwich

Grilled cheese sandwich consists of two slices of processed American cheese placed between two slices of bread, then grilled in two tablespoons of butter. These are likely to increase your health benefits by adding tomatoes, onions or other vegetables, replacing white with whole grain bread and by using low-fat cheese and butter substitutes.

Classic Green Bean Casserole Recipe



This is a delicious green bean casserole, they are creamy, crunchy and cheesy, perfect for a holiday feast or Sunday dinner. This recipe is pretty easy to make. Anyone can do this without cooking knowledge.

This recipe is one of my Favourite American Recipe.

Ingredients

2 Tbsp of butter
1/2 cup chopped onions
1/4 cup sliced fresh mushrooms
2 cups sliced green beans
1 cup of milk
1 can (small) of cream of mushroom soup
1 can (small) fried onions
1 Tsp of Garlic
1 cup grated Cheddar
Dash of salt and pepper
Parmesan Chesse(optional)

Method

- **Preheat the oven to 350 degrees F.**
- **Melt the butter in a large skillet.**
- **Saute the onions and mushrooms in the butter.**
- **In microwave boil green beans in milk for 10 minutes.**
- **Add the boiled green beans, mushroom soup, onion rings, garlic, salt and pepper, to taste, to the onion mixture. Stir well. Pour into a greased 1 1/2-quart baking dish.**
- **Bake for 20 minutes, then top the casserole with the Cheddar and bake for 10 minutes longer, or until the casserole is bubbly, browned and cheese is melted.**

Basic Information

Prep Time : 10 mins

Cook Time : 50 mins

Serves : 4 People

Tips

- **If you are non-vegetarian, you can top it with Bacon**
- **This taste great when you eat it with baked sweet potato**



Health Benefits of Beans

- improve diabetics' blood glucose control
- reduce risk of many cancers
- lowers blood pressure
- regulate functions of the colon

Sending recipe to



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