

## Apple Cheddar Sandwich



- 8 slices of your choice of a hearty bread (multi-grain or Panini works best)
- 4 t of butter
- 4 T honey Dijon mustard
- 8 oz. white cheddar cheese, shredded
- 1 apple, sliced thinly with peel
- 1 c spinach leaves
- 8 toothpicks

Use the butter to coat the outside of each slice of bread. Next spread 1 T of honey Dijon on the inside of 4 of the slices. Place 1 oz. of cheese on the inside of each of the 8 slices of bread. Then place the spinach and apples over four of the slices and top with the remaining four slices of bread. Use a toothpick in each end of the sandwich to help hold it together for the grilling process. Then grill each of the sandwiches in a skillet over medium heat, about 3 minutes per side—until the cheese is melted and the bread is nicely browned. Serve and eat.