



Grilled Apple and Swiss Cheese Sandwich

Slices of Granny Smith apple in a grilled cheese sandwich add sweet, tart notes to a savory favorite. My mother taught me this recipe, and it has become one of my favorite quick meals. I find that Granny Smith apples work best, and I like to use crunchy seed bread.

Recipe by **Nikkiling** | Updated on December 11, 2022

Prep Time: 10 mins

Cook Time: 5 mins

Total Time: 15 mins

Ingredients

2 slices whole wheat bread

1 ½ teaspoons olive oil

½ medium Granny Smith apple - peeled, cored and thinly sliced

⅓ cup shredded Swiss cheese

Directions

Step 1

Preheat a skillet over medium heat.

Step 2

Lightly brush oil onto one side of each bread slice. Place one slice, oil-side down, into the preheated skillet. Arrange apple slices over bread, then top with Swiss cheese and remaining bread slice, oiled-side up. Cook until bread is golden brown and cheese is melted, 2 to 3 minutes per side.

Nutrition Facts

Per serving: 371 calories; total fat 19g; saturated fat 8g; cholesterol 33mg; sodium 338mg; total carbohydrate 34g; dietary fiber 5g; total sugars 11g; protein 17g; vitamin c 4mg; calcium 349mg; iron 2mg; potassium 245mg