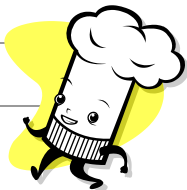

Grilled Cheese Sandwich

3/22/2011 Weight Watchers meeting



Ingredients:

- 2 Healthy slices of bread (such as Trader Joe's Rustico bread)
- 2 Wedges of Laughing Cow Cheese (your choice)
- 2 Tablespoons fancy shredded parmesan cheese (not from shaker can)

Directions:

Spread each slice of bread with a wedge of cheese. Put slices together.

Spray each side of sandwich lightly with olive oil spritzer.

Dip each side of sandwich into the parmesan cheese.

Cook in a non-stick fry pan on low-ish heat, with weight on top.

Sandwich is 7 PointsPlus value (4 PPV bread, 2 PPV cheese, 1 PPV parmesan)

Serve with a cup of the Adult Tomato Soup (additional 3 PPV).