

Brie and Apple Grilled Cheese Sandwich

Portions: 1

Serving Size: 1 Sandwich

Ingredients

2 slices cinnamon raisin bread

1 ½ ounces brie cheese

3-4 thin slices granny smith apples

1 teaspoon butter or margarine

Preparation

1. Spread the brie cheese on one side of each slice of bread.
2. Place the apple slices on top of the cheese of one slice.
3. Top with the other slice of bread and cheese to form a sandwich.
4. Spread the butter or margarine on the outside of sandwich.
5. Place on skillet over medium-low heat.
6. Cook until the bottom is golden brown and the cheese begins to melt. Carefully flip the sandwich and cook the other side until golden brown and cheese is melted completely.

Renal and diabetic food choices: 1 protein, 2 starches, 1 low potassium fruit

Adapted from USATODAY.com