



Greek Grilled Cheese



Entire recipe: 307 calories, 10g total fat (4g sat. fat), 664mg sodium, 39.5g carbs, 8g fiber, 11g sugars, 15.5g protein

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Prep: 5 minutes **Cook:** 5 minutes



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Ingredients

- 1 cup chopped spinach leaves
- 3 tbsp. light/low-fat ricotta cheese
- 2 tbsp. crumbled reduced-fat feta cheese
- 2 tbsp. bagged or rinsed sun-dried tomatoes, chopped
- 1 tbsp. sliced black or Kalamata olives
- 1/8 tsp. garlic powder
- 2 slices whole grain bread with 60–80 calories per slice
- 2 tsp. light butter

Directions

In a microwave-safe bowl, microwave spinach for 45 seconds, or until wilted. Pat dry. Add all remaining ingredients except bread and butter. Mix until uniform.

Spread mixture onto one bread slice. Top with remaining bread slice. Spread the top of the sandwich with 1 tsp. butter.

Bring a skillet sprayed with nonstick spray to medium heat. Add sandwich, buttered side down.

Spread the top with remaining 1 tsp. butter. Cook until bread is golden brown and cheese is hot, about 2 minutes per side, flipping carefully.

MAKES 1 SERVING

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