



HG's Rockin' Rainbow Grilled Cheese




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Entire recipe: 270 calories, 13g total fat (6.5g sat fat), 733mg sodium, 21.5g carbs, 5g fiber, 4.5g sugars, 19.5g protein

Green Plan [SmartPoints](#)® value 9*

Blue Plan (Freestyle™) [SmartPoints](#)® value 9*

Purple Plan [SmartPoints](#)® value 9*

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

Tagged: [Lunch & Dinner Recipes](#), [Vegetarian Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

Ingredients

1/4 cup shredded part-skim mozzarella cheese
3 tbsp. light/low-fat ricotta cheese
1 1/2 tsp. grated Parmesan cheese
1/8 tsp. garlic powder
Dash each salt and black pepper
1 - 2 drops neon green food coloring
1 - 2 drops neon blue food coloring
1 - 2 drops neon purple food coloring
2 slices light bread
2 tsp. light whipped butter or light buttery spread

Directions

In a small bowl, combine all cheeses and seasonings. Mix well.

Evenly distribute cheese mixture into three small bowls. Add a drop of green food coloring to the first bowl, and stir until uniform. (Add another drop for richer color.) Repeat with remaining colors and bowls, giving you a green mixture, a blue mixture, and a purple mixture.

Lay one bread slice flat. Cover 1/3rd of the slice with the green mixture, 1/3rd with the blue mixture, and the remaining 1/3rd with the purple mixture.

Top with the other bread slice. Spread the top of the sandwich with 1 tsp. butter.

Bring a skillet sprayed with nonstick spray to medium heat.

Carefully place sandwich in the skillet, buttered side down.

Spread the top with remaining 1 tsp. butter.

Cook until bread is golden brown and cheese has melted, about 2 minutes per side, flipping carefully.

MAKES 1 SERVING

HG Tip: Check out [the natural food colors by India Tree](#). Mix red & blue to create purple, and combine yellow & blue for green. Easy!

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[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

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