



Three-Cheese Grilled Cheese



Entire recipe: 240 calories, 10.5g total fat (4.5g sat. fat), 886mg sodium, 24g carbs, 5g fiber, 4.5g sugars, 13g protein

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

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Ingredients

- 1 wedge The Laughing Cow Light Creamy Swiss cheese
- 1 tbsp. reduced-fat Parmesan-style grated topping
- 2 slices light bread
- 1 slice 2% milk American cheese
- 2 tsp. light whipped butter or light buttery spread (like Brummel & Brown)
- 2 dashes garlic powder

Directions

In a small bowl, mix cheese wedge with Parm-style topping until uniform.

Lay bread slices flat, and spread both with cheese wedge mixture. Top one slice with American cheese, and top with the other bread slice, cheesy side down. Spread the top of the sandwich with 1 tsp. butter, and sprinkle with a dash of garlic powder.

Bring a skillet sprayed with nonstick spray to medium heat. Place sandwich in the skillet, buttered side down. Spread the top with remaining 1 tsp. butter and sprinkle with remaining dash of garlic powder.

Cook until bread is lightly browned and cheese has melted, about 2 minutes per side.

MAKES 1 SERVING

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