



Grow With Me Food Recipes



Recipe Name: **Grilled Cheese Surprise**

Ingredients

*(2) Whole Wheat bread(Or any type of bread you like) Personal favorites (high protein and high fiber)

*1/4 cup of steamed and pureed carrots and cauliflower

*(2) Slices of any cheese preferably the child's favorite.

Procedure

These are a favorite!!! It can be baked or grilled on a pan with a little butter. First you steam the vegetables and puree them to a paste. Spread the paste on both sides of the bread then add the cheese.

****In the oven** Preheat the oven at 350 cook for 7 minutes on each side (Time and heat may vary on different ovens)

*****Grilled on the pan** Leave the flame to low-med. Heat the pan for a minute then put 1/2 tablespoon of butter on the pan and let the sandwich grill on both sides while covered so cheese melts as the bread toasts.

Have fun with this recipe use cookie cutters for fun shapes!