

Tomato Melt

A quick, nutritious breakfast, lunch, or snack that kids will love!

Makes: 4 muffin halves

Prep Time: 5 minutes

Cook Time: 6-8 minutes

Source: foodhero.org

Ingredients

- ¼ cup shredded cheese (try cheddar, mozzarella or a blend)
- 1 Tablespoon low-fat mayonnaise
- ½ teaspoon prepared mustard
- 2 English muffins, halved or 2 bread slices (try whole wheat)
- 1 medium tomato, cut into 4 slices or diced

Directions

1. In a small bowl, combine cheese, mayonnaise and mustard.
2. Spread cheese mixture evenly over English muffin halves or bread slices.

Oven or toaster oven method:

1. Broil or toast until cheese melts, 2-3 minutes.
2. Place tomatoes on each sandwich.
3. Serve 'as-is' or broil to heat the tomato, 2-3 minutes.

Skillet method:

1. Heat a skillet over medium heat. Add sandwiches bread side down.
2. Cover and heat until cheese melts, 7-8 minutes.
3. Top with tomatoes before or after heating.
4. Refrigerate leftovers within 2 hours.



Small Changes,
BIG Differences!



Nutrition Information

Serving Size: 1 muffin half

Nutrients	Amount
Calories:	110
Total Fat:	4 g
Saturated Fat:	1.5 g
Cholesterol:	7.5 mg
Sodium:	195 mg
Total Carbohydrates:	14.5 g
Dietary Fiber:	2.5 g
Total Sugars:	3.5 g
Added Sugars:	0 g
Protein	5 g

Utensils Needed

- Small Bowl
- Oven/Toaster or Skillet
- Knife
- Measuring Cups/Spoons

SHOPPING LIST

Average total cost without oil and seasonings: \$7.42

Average cost/serving: \$1.86/muffin half

Recipe makes: 4 muffin halves

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



6
CT

Add 1 to Cart:
English Muffins



Add 1 to Cart:
Reduced Fat Mayonnaise (30
oz)



EACH

Add 1 to Cart:
Beefsteak Tomato



Add 1 to Cart:
Yellow Mustard (20 oz)



Add 1 to Cart:
Shredded Cheddar Cheese (8 oz)

SAVE TIME, SAVE MONEY

My Cooking Notes

Cooking Tips

- For extra flavor try fresh avocado or basil leaves under the tomato or add 1/8 teaspoon garlic powder to the cheese mixture.

Similar Recipes

- Cut on costs by reusing these ingredients in other recipes found on snapedny.org, such as:
 - Tomato Bruschetta
 - Fruit/Personal Pizzas
 - Picnic Chicken Salad