

PREPARATION: 10 MINUTES

COOKING: 4 MINUTES

2 SERVINGS

# HEAVENLY GRILLED CHEESE



## INGREDIENTS

60 g (2 oz) sharp white cheddar     1/8 teaspoon cinnamon  
2 whole wheat English muffins     1 tablespoon honey  
1/2 pear, thinly sliced or grated     1 tablespoon olive oil

## PREPARATION

- 1** Slice the cheese thinly. Place the cheese and the pear slices on two muffin halves. Season with cinnamon and drizzle with honey. Cover with the remaining muffin halves.
- 2** Heat oil over medium heat in a non-stick pan. Grill the sandwiches for two minutes on each side or until the muffins turn golden and the cheese is melted. With the help of a spatula, apply some pressure on the sandwiches during cooking.

**TIP:** Including a few leaves of arugula, as seen in our image, will add colour and a slight peppery taste. You can also use apple slices or change the type of cheese.

### Nutrient Analysis

**PER SERVING:**

1 sandwich (1/2 of recipe)

**RENAL EXCHANGE:**

1 Protein + 2 1/2 Starch

Calories	<b>355 Kcal</b>
Protein	<b>12 g</b>
Carbohydrates	<b>39 g</b>
Fibre	<b>5 g</b>
Total Fat	<b>17 g</b>
Saturated Fat	<b>7 g</b>
Cholesterol	<b>30 mg</b>
Sodium	<b>462 mg</b>
Potassium	<b>186 mg</b>
Phosphorus	<b>325 mg</b>