

New twist on an old favorite

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Last winter I found a cookbook which was part of the Hungry Girl series. It is called 300 under 300. If you didn't pick up what that means it is 300 recipes under 300 calories—all designed in single servings such as the one below.

Initially I purchased this book due to a rave about a chapter in the book called Egg Mugs. I will save the details on those for another week though! As I have recently been glancing through this book once again to find some new ideas, I came across this little treat. Grilled cheese is a quick staple in any household. It can be made a variety of ways. For example, when Landon visits Grandpa Calvin he always raves when Grandma makes grilled cheese as an open faced sandwich and heats it in the oven. He is amazed by that for some reason.

This is a little rendition to combine two of our favorite meals, pizza and grilled cheese. Feel free to add anything you would like. This is just a guideline to get you started on a healthy path.

Grilled Cheese Pizza

2 slices of bread
1 wedge Laughing Cow Swiss cheese
1/2 tsp. Italian seasoning
4 slices turkey pepperoni
1 slice American fat-free cheese
1 tsp. light buttery spread.

Lay bread flat and evenly spread the Swiss cheese on the slices. Layer the rest of the ingredients on one slice of cheese covered bread, then top with the remaining slice of bread. Spread butter on the upward facing outer side of the sandwich. Place in a skillet buttered side down and use remaining butter to cover the now upward facing slice. Cook until lightly browned, flipping carefully.