



Grilled Cheese Sandwiches Deluxe

YIELD: 4 SERVINGS

INGREDIENTS

- 1 cup 1% low-fat cottage cheese
- ½ cup (2 ounces) shredded reduced fat sharp Cheddar cheese
- 4 slices lower sodium bacon, cooked and crumbled
- ½ cup chopped green onions
- 1 tablespoon reduced fat mayonnaise
- 2 teaspoons Dijon mustard
- 8 (¼ inch) slices bread
- 12 (¼ inch) slices plum tomato (about 2 tomatoes)
- Butter- flavored cooking spray

DIRECTIONS

1. Place cottage cheese in container of an electric blender; cover and process 30 seconds or until smooth. Transfer to a small bowl, stir in Cheddar cheese and next 4 ingredients.
2. Spread cottage cheese mixture. Top with remaining bread slices.
3. Coat a large nonstick skillet or griddle with cooking spray; place over medium heat until hot. Add sandwiches; spray each side with cooking spray and cook 2 to 3 minutes on each side or until golden.

Baked Sweet Potato Fries

INGREDIENTS

- 2 whole sweet potatoes
- Cooking spray
- Sea salt, to taste
- Freshly ground black pepper, to taste

DIRECTIONS

1. Preheat oven to 400 degrees.
2. Peel and slice sweet potatoes into thin (1/8 inch) strips.
3. Spread in single layer on baking sheet.
4. Spray with cooking spray (generously) and sprinkle with salt and pepper.
5. Bake for 30 minutes or until crisp!



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