

# Avocado Grilled Cheese

FOOD FOR FATIGUE

5 Min. Prep | 5 Min. Cook  
Makes 1 Serving

## Ingredients

---

- 2 Slices of whole wheat bread
  - 1 slice cheddar cheese
  - 1 slice Colby Jack cheese
  - 1/3 avocado, sliced
  - 1/2 tomato, sliced
  - 1 cup spinach
  - Olive oil cooking spray
- 

## Directions

1. On one slice of bread, place a slice of cheddar cheese and layer avocado, spinach, and tomato slices.
2. Top with Colby Jack cheese and remaining bread slice.
3. Heat a large skillet over medium heat, spray with olive oil cooking spray.
4. Place sandwich in skillet and cook until bread is browned.
5. Flip and cook on other side until cheese is melted.
6. Serve immediately.

## Notes

---

Enjoy as a snack or small lunch.



# Avocado Grilled Cheese

FOOD FOR FATIGUE

## Notes cont.

---

Additional benefits:

- Good source of calcium and whole grains.
- Rich in fiber to help reduce constipation.

Customizable ingredients:

- Try mozzarella cheese with the Colby Jack.

## Nutrition Info

---

458 calories, 22g protein, 26g total fat, 11g saturated fat, 602mg sodium, 37g carbs, 4g fiber, 0g added sugars

