



## Apple Cheddar Sandwich

*This simple apple cheddar sandwich is the perfect balance of sweet and savory flavors with a refreshing crunch and fiber-packed whole grains, keeping you full and energized. Pair it with a cozy cup of soup, a crisp side salad, or fresh sliced fruit for a well-rounded, feel-good meal.*

Serves: 1

Serving Size: 1 sandwich

### Ingredients

- 2 slices of whole grain bread
- 1 tsp Dijon mustard
- 1 oz sliced sharp cheddar cheese
- 1/3 cup sliced apple
- 1 tbsp sliced red onion
- 3 tbsp greens or coleslaw mix
- 1/4 of a whole avocado

### Directions

1. Spread Dijon mustard on one slice of bread. On the other piece of bread, smash avocado with a fork until smooth.
2. On mustard slice, layer your cheese, apple, onion, and greens or coleslaw mix.
3. Place avocado slice down, slice your sandwich in half, and enjoy!

**Chef's Note:** This recipe pairs well with sharp cheddar, but try any of your favorite cheeses!

### Nutrition Info per serving:

Calories: 461, Saturated Fat: 7.6g, Sodium: 361.9 mg, Added Sugars: 4g, Fiber: 14.2g

Recipe adapted from:

<https://www.makandhercheese.com/turkey-apple-cheddar-sandwich/#zrdn-recipe-container>