

Grilled Cheese Croutons for Hearty Tomato Soup

Cut this grilled cheese into cubes as a fun topping for tomato soup

Makes 1 sandwich; serving size- 1 sandwich

Ingredients:

2 slices whole wheat bread
1 oz slice of sharp or mild cheddar cheese, not American
2 teaspoons butter

Directions:

Melt butter in a frying pan. Place cheese in between 2 slices of bread. Toast until golden and cheese melts. Serve with tomato soup.

Nutritional information per serving (based on 2 slices of Natural Ovens Whole Grain Bread-other breads will yield different nutritional values):

Calories: 240

Total Fat: 15 grams

Saturated Fat: 6 grams

Cholesterol: 30 milligrams

Total Carbohydrates: 17 grams

Fiber: 5 grams

Protein: 11 grams