

## Grilled Cheese Sandwich



### Ingredients

- 2 slices whole wheat bread
- 2 slices cheddar cheese (or other sliced melting cheese)
- 2 pats butter (unsalted)
- Butter spreader or knife
- Adult supervision required

### Preparation

1. Heat a grill pan, cast iron, or non-stick skillet to medium heat. Meanwhile, spread an even layer of butter on one side of one piece of bread.
2. When the pan is hot, place a slice of bread, buttered side down, into the skillet and then place the cheese on the bread. Top with the other slice of bread.
3. Use a flat lid from a small pot (slightly larger than the sandwich but smaller than your pan) to act as a weight and place on top of the sandwich as it is cooking.
4. After about 3 minutes, use a spatula to see if buttered side has turned golden brown. If so, lift up the sandwich with the spatula, add the second pat of butter to the pan, and flip the sandwich back into the pan. (Now the non-buttered side is cooking in the melted butter.) Press with pot lid again and cook for another 3 minutes or so until cheese is melted, and bread is golden brown on both sides.
5. Let cool for 2 minutes before cutting in half or into bite-sized pieces.