

Tomato Melt

Ingredients

- 1/4 cup shredded **cheese**
(try cheddar, mozzarella or a blend)
- 1 **tablespoon low-fat mayonnaise**
- 1/2 **teaspoon mustard**
- 2 **English muffins**
(try whole wheat)
- 1 **medium tomato**,
cut into 4 slices

Directions

1. In a small bowl, combine cheese, mayonnaise and mustard.
2. Cut English muffins in half and spread mixture evenly over all 4 halves.
3. Broil 5 inches from the heat for 2-3 minutes or until cheese is melted.
4. Place a tomato slice on each English muffin half.
5. Serve as is or broil for 2-3 minutes more to heat tomato.
6. Refrigerate leftovers within 2 hours.

Notes

For extra flavor try fresh avocado or basil leaves under the tomato or add 1/8 teaspoon garlic powder to the cheese mixture.

Makes 2 servings

Prep time: 5 minutes

Cooking time: 10 minutes

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