



## Cheddar-Apple Melt

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An alternative to a toaster oven would be to toast the muffin and then melt the cheese over the apples in your microwave.

### Ingredients:

- 1 whole-wheat English muffin, toasted
- 2 teaspoons jam or chutney
- 4 thin apple slices
- 2 slices reduced-fat Cheddar cheese

### Directions:

- Top English muffin with jam (or chutney), apple and cheese. Toast in a toaster oven or under the broiler until the cheese is melted.

**Yield:** 1 serving

**Nutritional Information:** 253 calories; 5g fat (3g sat, 2g mono); 12mg cholesterol; 33g carbohydrate; 20g protein; 5g fiber; 769mg sodium; 215mg potassium. Nutrition bonus: Selenium (50% daily value), Calcium (40% dv), Magnesium (15%).

Recipe Source: EatingWell.com

Past recipes may be obtained by going to the [Heartland Health](http://www.heartland-health.com/) web page (<http://www.heartland-health.com/>, KQ2 recipes) or by clicking on the Heartland Health logo above.