

## Texas Toast

Serves: 4

### Ingredients:

- 4 slices French or Sourdough bread
- 2 ounces (60 g) reduced-fat Swiss cheese, shaved into paper-thin slices

### Directions:

Preheat broiler.

Toast bread on both sides. Lay on a baking sheet and divide the cheese between the four slices. Slide under the broiler until cheese melts and bubbles.

Nutrients per serving:

Calories	114	Total Fat	4 g
Carbohydrates	14 g	Cholesterol	10 mg
Sodium	170 mg		

Courtesy of: [www.diabetic-recipes.com](http://www.diabetic-recipes.com) and [www.applesforhealth.com](http://www.applesforhealth.com)