

## Grilled Almond Cheeze Chicken Sandwich

**Equipment:** Grill

**Prep Time:** 5 minutes

**Cook Time:** 5 minutes

**Number of Servings:** 1-2, depending on ages

- **2 slices whole grain bread** (Honey Sweet Whole Wheat, organic), *Rudi's Organic Bakery*, **KKA**
- **2 slices Almond Mozzarella Cheeze**, or use their shreds. *Lisanatti Foods*, **KKA**
- **2 slices deli chicken** (or bits of leftover)
- **Parsley flakes**
- **Paprika**
- **Olive oil** or organic butter

Brush a little olive oil on one side of each slice of bread. Place one slice of Almond Cheeze on one dry side. Top with chicken and other slice of Almond Cheeze. Sprinkle with parsley flakes and paprika. Your kids will never notice! Place second slice of bread on top with dry side touching cheese, parsley and paprika. Place on medium heated grill. Cook on one side until cheese begins to melt. Turn over and grill until cheese is slightly liquid. Serve.

OPTIONS: Add sliced tomatoes..Spread on some mustard.

**6+ God-made Food Colors:** brown, white, tan, green, red, golden + yellow.

**5+ Food Groups:** whole grains, nuts, poultry, herbs, EFAs (essential fatty acids) + vegetables (really fruit)

**PERFORMANCE RATING: 6+/5+**

For a fast filling meal, throw this together and serve it with a light salad and some fresh fruit. You have all your nutrient bases covered. And, you've spent little time in the kitchen. Are you surprised it has such a high Performance Rating? This is a reminder that a few parsley flakes and a sprinkle of paprika can really power up a basic recipe. Be sure to watch the grill so you don't overcook the bread. The one in this photo is a bit on the darker side.

A 6+/5+ Performance Rating is more than you might expect. Almond cheese provides valuable and more easily digested protein on this sandwich than dairy cheese. We think the addition of sliced tomatoes would make this even better! Hope your kids like them... look for sun-ripened ones. Thank heavens it's summer time!

**\*KKA** means awarded the Kid Critics Approved Seal