

Ham and Stilton Toastie



Makes 1

Ingredients

2 slices of bread

Low fat spread

1 slice of good quality assured ham

42g (1½oz) Blue Stilton cheese – crumbled

Method

- 1 Turn the sandwich toaster on to heat up
- 2 Spread the low fat spread on the two pieces of bread
- 3 Place a slice of ham onto the non-low fat spread side of the bread
- 4 Add the crumbled Blue Stilton cheese
- 5 Place the other slice of bread on top with the low fat spread side facing outwards
- 6 Place into a sandwich toaster and cook until browned on the outside – about 3 minutes