

- » 1 tomato (thickly sliced)
- » vegetable cooking spray
- » dash each celery salt, garlic salt, pepper
- » 1 ounce (30 g) American cheese (grated)

YIELD: 1 serving

EXCHANGE: 1 vegetable, 1 high-fat meat

CALORIES: 140

Place tomato slices on broiler pan coated with vegetable cooking spray. Sprinkle with seasonings. Top with cheese. Broil 5 to 6 inches (15 cm) from heat until cheese is melted.

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