



ALMOST NARCOTIC TOASTED HAM & CHEESE

Makes: 2 Servings • Ready In: 10 to 12 minutes


INGREDIENTS

- ¼ portion of ciabatta bread, sliced in half (or use a sandwich bun)
- 2 tsp. extra virgin olive oil
- ¼ cup unsweetened apple sauce
- 2 tsp. Dijon mustard
- 4 slices deli ham
- ¼ cup shredded Cheddar cheese

STEPS

1. **Using a pastry brush**, lightly brush each cut side of bread with olive oil. Place each half, cut side up, on a toaster oven baking sheet (or a [sizzle platter](#) if using the oven). Broil until bread begins to brown on top, about 2 to 3 minutes. Remove from toaster oven (or oven) and set aside.
2. **In a small bowl**, mix together apple sauce and mustard. Spread equal amounts over each toasted half of bread. Top each with equal amounts of ham and cheese. Broil in the toaster oven (or oven) until cheese melts and begins to brown in spots, about 2 to 3 minutes.



 **Waste Less:** To reduce our consumption of paper towels (and save money and trees), we use reusable kitchen bar mops to wipe countertops and clean-up small messes. You'll find the ones we use on our "must haves" page [here](#).