Microwave Cooked Grilled Cheese Tortilla



TIP: One weekday morning, my daughter was stuck without bread to make a sandwich for school lunch. No problem. We looked through the fridge, found some tortillas and a bag of shredded cheese and put together this sandwich that can either be made with or without meat.

Preparation Time: About 1 minute **Cooking Time**: About 30 seconds

Needed

Your Favorite Shredded or Sliced Cheese (I'm using mozzarella cheese, but any shredded or sliced cheese will work fine.) 1 Slice of Cold Cut Meat (optional) 1 Tortilla Microwave Oven Safe Plate Table Knife Microwave Oven



1. Put a tortilla on a microwave oven safe plate.



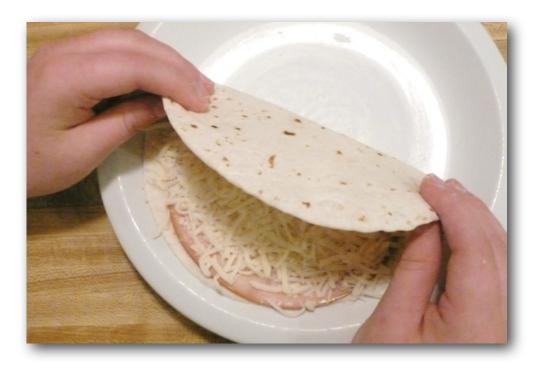
2. Put a piece of sliced cold cut meat (optional) on half the tortilla, and...



...cover with a generous layer of shredded or sliced cheese.



3. Fold the empty half of the tortilla over the filled half of the tortilla.



4. Put the plate in the middle of the microwave oven, and...



...cook using HIGH heat or 100% power for 30 seconds or until the cheese just starts to melt.



5. After cooking, carefully take hold of the outside edge of the plate, where the plate will be coolest and safest to touch, to remove the plate from the

microwave oven.



6. Let the freshly cooked tortilla grilled cheese sandwich rest until it is safely cool enough to touch, and either enjoy it as is or cut it in half with a table knife.



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