

# 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.

