

# Spinach, Tomato, Cheese & Onion Toasties

Serves 1

## Ingredients

2 slices	Wholegrain bread
1 t	Margarine
¼ cup	Spinach
½	Tomato (sliced)
¼ small	Red onion
2 T	Edam cheese (grated)



## Method

Pre-heat oven grill to 190°C.

Spread the margarine on the bread slices. Place the fillings on one slice of bread then top with another slice. Toast in oven turning over half-way through, for 3-5 minutes, or until golden.

### ***Other toasties options:***

- Canned Tuna with tomato, red onion and cheese
- Baked beans with cheese and spring onions
- Mushrooms, tomato, cheese and red onion
- Capsicum, cheese and tomato

Serve toasties with a small fresh salad on the side.

**Tip:** Alternatively use an electric toasty pie maker for a quick and easy option.