

# Cheese torpedo

Traffic light category: **Green**

Serves: 1 roll

All kids love the famous canteen cheese toastie. Recreate these at home with a few delicious twists.

## Ingredients

- » 1 long bread roll
- » ½ cup reduced fat cheese, grated
- » Optional extras: 1 teaspoon Vegemite, 3 slices of tomato or 1-2 slices of lean ham

## Method

1. Preheat oven to 200°C
2. Slice the bread roll long ways leaving one edge attached
3. Fill with grated cheese or any other filling
4. Wrap in foil and bake in a hot oven for 10 minutes
5. Peel back the foil from the top, wrap the base in a napkin, enjoy.

### Nutrition information panel

Nutrient	Per serve	Per 100g
Weight	230g	100g
Energy	1817kJ	790kJ
Protein	33g	14g
Total fat	18g	8g
Saturated fat	10g	4.5g
Carbohydrate	32.5g	14g
Sugars	4g	2g
Dietary fibre	3g	1.5g
Sodium	1391mg	605mg