



HG's Rockin' Rainbow Grilled Cheese



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Entire recipe: 270 calories, 13g total fat (6.5g sat fat), 733mg sodium, 21.5g carbs, 5g fiber, 4.5g sugars, 19.5g protein

Green Plan [SmartPoints](#)® value 9*

Blue Plan (Freestyle™) [SmartPoints](#)® value 9*

Purple Plan [SmartPoints](#)® value 9*

Prep: 5 minutes **Cook:** 5 minutes

More: [Lunch & Dinner Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

Ingredients

1/4 cup shredded part-skim mozzarella cheese
3 tbsp. light/low-fat ricotta cheese
1 1/2 tsp. grated Parmesan cheese
1/8 tsp. garlic powder
Dash each salt and black pepper
1 - 2 drops neon green food coloring
1 - 2 drops neon blue food coloring
1 - 2 drops neon purple food coloring
2 slices light bread
2 tsp. light whipped butter or light buttery spread

Directions

In a small bowl, combine all cheeses and seasonings. Mix well.

Evenly distribute cheese mixture into three small bowls. Add a drop of green food coloring to the first bowl, and stir until uniform. (Add another drop for richer color.) Repeat with remaining colors and bowls, giving you a green mixture, a blue mixture, and a purple mixture.

Lay one bread slice flat. Cover 1/3rd of the slice with the green mixture, 1/3rd with the blue mixture, and the remaining 1/3rd with the purple mixture.

Top with the other bread slice. Spread the top of the sandwich with 1 tsp. butter.

Bring a skillet sprayed with nonstick spray to medium heat.

Carefully place sandwich in the skillet, buttered side down.

Spread the top with remaining 1 tsp. butter.

Cook until bread is golden brown and cheese has melted, about 2 minutes per side, flipping carefully.

MAKES 1 SERVING

HG Tip: Check out [the natural food colors by India Tree](#). Mix red & blue to create purple, and combine yellow & blue for green. Easy!

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[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.

