

Plate Dream

Grilled Cheese Roll Ups – Easy Snack or Lunch

10 min Prep time	**8 min** Cook time	**18 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 8 slices of soft sandwich bread (trimmed)
- [ ] 1 cup shredded sharp cheddar cheese
- [ ] 4 tbsp softened butter
- [ ] 1/2 tsp garlic powder
- [ ] 1 tbsp fresh parsley, chopped (optional)
- [ ] Pinch of lemon zest (optional)
- [ ] Honey for drizzling (optional)

Instructions

1. Lay out the bread slices, trim the crusts, and spread a thin layer of softened butter on each side.
2. Sprinkle garlic powder and parsley over the buttered surface, then place a generous handful of cheddar in the center of each slice.
3. Roll each slice tightly, seam side down, and press gently to seal.
4. Heat a skillet over medium heat; place the rolls, cooking 2-3 minutes per side until golden brown and cheese is melted.
5. If desired, drizzle a tiny bit of honey and add a sprinkle of lemon zest before serving.

Nutrition per serving

420 kcal	18 g	30 g	24 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra crispness, let the butter melt fully before adding the rolls.
- Keep the heat moderate; high heat can burn the butter before the cheese melts.
- Feel free to add a pinch of smoked paprika for a subtle smoky note.