

Lunch | Snack

Open Faced Italian Grilled Cheese

5 Mins
Prep Time

4-5 Mins
Cook Time

1
Serving

229 Calories **9g** Fat **26g** Carbs **14g** Protein



Ingredients

1 Serving **9-10 Mins** Total Time **Allergens:** Gluten, Dairy

1 oz. Mozzarella Cheese Slices OR
2 Tbsp Shredded Mozzarella Cheese

1 Slice Sourdough Bread

¼ Cup Oven Roasted Italian Tomatoes

1-2 Fresh Basil Leaves, or Sprinkle of Dried Basil

Allergen Swap

Gluten Use gluten-free bread

Dairy Use a dairy-free cheese, such as vegan cheese

Nourishment Note



Mozzarella Cheese

Mozzarella cheese provides the body with calcium, an important mineral for those with Crohn's disease or ulcerative colitis.



Tomatoes

Tomatoes are an excellent source of many nutrients, including folate and vitamin A, both of which are especially important for those with Crohn's disease and ulcerative colitis.

Instructions

1. Heat Oven

Heat oven to “Broil” setting.

2. Layer Mozzarella

Layer cheese on the slice of sourdough bread.

3. Broil

Place in oven, on a baking sheet, and broil for 4-5 minutes.

4. Remove and Garnish

Remove from oven and top with Oven Roasted Italian Tomatoes and fresh basil leaves.

Recipe Created by Meijer Registered Dietitians
Beth Eggleston and Emily Parsell

What You'll Need



Measuring Cup



Spoon



Baking Sheet

Remission Remix

- Swap sourdough bread for a slice of whole grain bread.