

Lunch | Dinner

Grown-Up Grilled Cheese

15 Mins
Prep Time

6 Mins
Cook Time

4
Servings

429 Calories **19g Fat** **52g Carbs** **19g Protein**



Ingredients

4 Servings • **1 Sandwich Serving Size** **21 Mins Total Time** **Allergens: Gluten, Dairy**

1 Medium Red Onion, thinly sliced

1 Garlic Clove, minced

½ Tsp Extra Virgin Olive Oil

4 oz Shredded Sharp Cheddar Cheese

8 Slices Hearty White Bread

2 Cups Fresh Spinach Leaves

1 Tomato, sliced into 8 thin slices

2 Tbsp Butter, softened and divided

Allergen Swap

Gluten Swap traditional bread for gluten-free bread.

Dairy Use a dairy-free cheese.

Nourishment Note



Spinach

Spinach is a nutrient powerhouse. It's packed with antioxidants to help reduce inflammation that can be associated with asthma.



Tomato

Tomatoes are a great source of lycopene. Lycopene may help reduce inflammation within the body and help protect the immune system.

Instructions

1. Cook Onion & Garlic

Spray skillet with cooking spray and heat over medium-low heat. Add ½ Tsp olive oil. When oil shimmers, add the onion and garlic. Cook for 10 minutes or until onions are golden brown, stirring occasionally. When onions are finished cooking, place in a bowl.

2. Add Bread, Cheese & Toppings to Skillet

Continue to heat skillet over medium-high heat. Lightly butter 4 slices of bread and lay butter side down in the hot skillet. Working quickly, top each slice with 1 oz shredded cheese (about 2 Tbsp), ½ cup spinach, 2 tomato slices, and 2 Tbsp onion mixture.

3. Finish Cooking Sandwiches

While cheese melts, butter the remaining 4 slices of bread and top sandwiches, butter side up. Once the bottom bread slice is toasted and the cheese has begun to melt, about three minutes, flip each sandwich and toast the remaining bread slice. Serve immediately.

Recipe adapted from [myrecipes.com](https://www.myrecipes.com)

What You'll Need



Cutting Board



Knife



Bowl

Cheese Grater



Large Non-Stick Skillet



Cooking Spray



Butter Knife

Breathe Better Food Tip

- Heartburn/GERD: Onions have the potential to cause heartburn. If you find you're sensitive to onions, omit.
- Salicylates: Tomatoes and spinach can be high in salicylates. If you find you're sensitive to salicylates, omit these ingredients.