

FARMER'S MARKET GRILLED CHEESE

Nut-Free, Vegetarian

Yield: 4 servings **Total time:** 30 minutes



D'LISH

Ingredients

- 8 slices whole grain bread
- 2 cups baby spinach
- 1 small zucchini, thinly sliced lengthwise
- 1 tomato, sliced
- 2 tbsp olive oil
- 1/2 4 oz goat cheese, softened
- 2 tbsp scallion, chopped
- $\frac{1}{4}$ tsp pepper

Directions

1. Prep ingredients: Wash and slice tomato and zucchini. Chop scallion. Set ingredients aside.
2. Make cheese mixture: Mix goat cheese, black pepper and chopped scallion together in a small bowl. Set aside.
3. Assemble sandwiches: place 8 slices of bread on a cutting board and spread each slice with the goat cheese mixture. Layer 4 slices with spinach, zucchini, and tomato, and top with the remaining slices of bread.
4. Heat skillet over medium heat and lightly coat the bottom of the skillet with olive oil. Cook 2 sandwiches at a time until cheese is melted, and bread is golden brown (about 4 to 5 minutes per side). Repeat the same process for the other 2 sandwiches.
5. Remove sandwiches to a cutting board and slice in half. Serve.

Per serving: Calories: 301; Total Fat: 13g; Saturated Fat: 3g; Sodium: 278mg; Total Carbohydrates: 41g; Fiber: 7g; Protein: 9g

Grocery List

- Whole grain bread
- Baby spinach
- Zucchini
- Tomato
- Goat cheese
- Scallion
- Pepper
- Olive oil

Kitchen Equipment

- Cutting board
- Chef knife
- Measuring cups
- Measuring spoons
- Small bowl
- Mixing spoon
- Skillet
- Spatula

Nutrition Information

- This recipe is an easy way to make a healthier version of grilled cheese. We swapped traditional grilled cheese ingredients with lower-fat and more nutritious alternatives to come up with a lighter, just-as-tasty version that cuts the calories, fat, saturated fat, and sodium of the classic sandwich in half.
- Swapping olive oil for butter saves an additional 7g saturated fat—a huge saving that doesn't compromise flavor. Olive oil is also a rich source of heart-healthy monounsaturated fats, which are linked to lowered levels of bad LDL cholesterol in the body.
- Adding nutrient fiber-rich seasonal vegetables to your sandwiches add spice, flavor, crunch and health benefits to make your sandwich not only delicious but more filling and satisfying.

Notes