

Guide to a GREAT Grilled Cheese

Grilled cheese sandwiches are perfect for experimenting with different cheeses, ingredients, spreads, and breads! Here are our top tips for making a great grilled cheese.

Choose Your Bread



- Experiment with flatbreads, waffles, English muffins, or hearty bread like whole wheat, pumpernickel, or cinnamon swirl
- For healthier options, choose bread with "whole grain" or "whole wheat" as the first ingredient
- **Pro tip:** Thick slices need more cooking time to melt cheese. Bread with added sugars brown faster and burn easily
- Place small loose ingredients in the pita pocket to keep them in place while grilling

Pick Your Cheese



- Cheese is the star and it also acts like glue to keep other ingredients in place
- Three ounces of cheese is just about the perfect amount for a gooey sandwich
- Fresh cheeses like Feta, Mozzarella as well as aged cheeses like Parmesan are harder to melt well. Grate them and mix with cheese that melt easily (Swiss, Cheddar, Gouda, Muenster, Gruyere, Brie)

Spread the Bread



- For a sandwich with a crisp outside and soft inside, coat the bread with a fat
 - Butter is best!
- **Pro tip:** Spread your butter on the bread and use a bit in the pan
- Use softened butter to avoid squishing or tearing the bread
- Build flavor layers and try herb, garlic, or other flavored butter

Add Extras



- Veggies: Select cooked or low water veggies (like spinach) to avoid soggy sandwiches
- Fruits such as apples and pears pair well with cheese and pack an extra vitamin punch
- Add protein such as thinly sliced ham, turkey, beans or pepperoni for extra staying power

Crisp to Perfection



- Cooking in a cast-iron skillet or non-stick pan on a low flame for 2-4 minutes per side makes for maximum crispiness
- Keep the heat at low to medium
- **Other options:** panini press, air fryer, toaster oven, or broiler

Pro tip: The secret to success is to layer your sandwich in this order: bread, cheese, toppings, cheese, bread. This way, the cheese is the first thing to contact the bread which ensures it gets nice and melted!

Pizza Grilled Cheese



Ingredients/Shopping List

- Butter - or make your own! (1 tbsp)
- Hearty multigrain or whole wheat bread (2 slices)
- Part-skim mozzarella cheese (1/3 cup)
- Chopped spinach (1/3 cup)
- Pizza sauce (1/4 cup)

Directions

- 1 Spread 1/2 tbsp butter on one of your slices of bread. Place the other 1/2 tbsp of butter in a skillet over medium-low heat.
- 2 Put your non-buttered slice of bread in the skillet once the butter has melted. Sprinkle about half of the cheese on top, followed by the spinach, pepperoni, and then the rest of the cheese. Place the other slice of bread on top, buttered side up.
- 3 Cook for about 2 minutes on the first side, or until the bottom slice of bread is a light toasty brown. Use a spatula to flip and cook another 2 minutes on the second side.
- 4 Put on a plate, slice in half, and enjoy dipped into pizza sauce. Serve alongside a big side salad or cooked veggies.

Pairing Ideas

