

Quick & Easy Grilled Cheese

Grilled cheese sandwiches are not only tasty, but a great way to serve up lunch or dinner with whatever food you have in your home. With a little imagination, grilled cheese sandwiches can have endless possibilities.

Ingredients (Pick From Each Column)

2 slices of any type of bread:

- Whole wheat
- White
- Pumpernickel
- Rye
- Sourdough
- Pita

2 ounces of easy melting cheese:

- Cheddar
- Swiss
- American
- Mozzarella
- Monterey Jack
- Muenster

Vegetables or fruit: (thin layer)

- Apple
- Pear
- Tomato
- Kimchi
- Sauteed mushrooms
- Sauteed onions
- Sauteed greens such as spinach, swiss chard, kale

Extra Ingredient: Butter



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Directions

1. Heat up pan on stove over medium-low heat.
2. Spread butter on one side of each slice of bread.
3. Place cheese and produce between the two slices of bread with the butter side on the outside.
4. Place bread, butter side facing down, on pan over low to medium heat. Cook until browned and then flip.
5. Continue cooking until cheese is melty and second side is browned, about 3-4 minutes per side.
6. Remove from pan, slice sandwich in half, and serve.

Add-in ideas to spice it up:

- Mustard
- Chili powder
- Finely grated hard cheese like Parmesan
- Dipping sauces on the side such as mayo, ketchup, plum sauce, blue cheese, hot sauce, etc.



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