

Breakfast | Lunch | Dinner

Breakfast Grilled Cheese

10 Mins
Prep Time

5 Mins
Cook Time

4
Servings

≡ 437 Calories 32g Fat 26g Carbs 12g Protein



Ingredients

4 Servings • ½ Sandwich Serving Size 15 Mins Total Time Allergens: Dairy, Gluten, Eggs

4 Large Eggs

Sea Salt, to taste

4 Tbsp Extra Virgin Olive Oil

4 Slices Sourdough Bread

½ Cup Sharp Cheddar Cheese, shredded

½ Cup Basil Pesto

Honey, for drizzling

Allergen Swap

Dairy Sharp cheddar cheese has a low lactose content and is often well-tolerated but it can be substituted for a dairy-free cheese; use a cheese-free pesto.

Gluten Replace the sourdough bread with gluten-free bread.

Eggs There is no substitute for eggs.

Nourishment Note



Sourdough Bread

Sourdough bread is a fermented food. Fermented foods may provide the body with beneficial bacteria to help promote gut health. Although not gluten-free, sourdough bread can sometimes be better tolerated in those who are sensitive to gluten.



Eggs

Eggs are an excellent source of lean protein, to help grow new cells. They also contain lutein that may promote eye health and choline important for memory.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Whisk Eggs

In a medium-sized bowl, whisk together the eggs and a pinch of salt.

3. Cook Eggs

Heat 2 Tbsp olive oil over medium-heat in a skillet. Add the eggs and cook, undisturbed, until a thin layer of cooked egg appears around the edge of the skillet. Using a spatula, gently push the eggs around the skillet until fluffy and barely set, about 2 minutes.

4. Remove Eggs from Heat

Remove eggs from skillet and place in a clean mixing bowl.

5. Assemble Sandwiches

Spread the outside of each slice of bread with $\frac{1}{2}$ Tsp olive oil. On the inside half of the slices, spread the pesto and top with cheese and eggs. Add the top layer of bread, olive oil side facing up.

6. Cook Sandwiches

Place the sandwiches, one at a time, in the skillet and cook for about 4 minutes on each side.

7. Serve & Enjoy

Serve topped with a drizzle of honey and a sprinkle of sea salt.

8. Wash Hands

Wash hands with soap and water.

Recipe adapted from: halfbakedharvest.com

What You'll Need



Cutting Board



Knife



Spoon



Whisk



Medium-Sized Mixing Bowl



Medium-Sized Skillet



Spatula

Remission Remix

- Add red pepper flakes to the scrambled eggs to kick up the flavor.
- Serve with mixed berries or a side salad for a more balanced dish.