

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**





Allergens: Dairy, Gluten, Eggs, Nuts

4 Large Eggs 
Sea Salt, to taste

4 Tbsp Extra Virgin Olive Oil

4 Slices Sourdough Bread

 $\frac{1}{2}$  Cup Sharp Cheddar Cheese, shredded

1/2 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.

Nuts Make your own pesto using roasted sunflower seeds.

#### **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

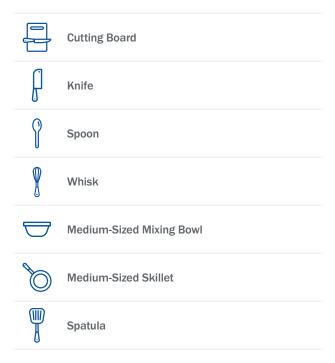
Serve topped with a drizzle of honey and a sprinkle of sea salt.

## 8. Wash Hands

Wash hands with soap and water.

Recipe adapted from: halfbakedharvest.com

# What You'll Need



### **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.