

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, Nuts

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.

**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 ½ 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](https://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.