

Salted Caramel Apple Grilled Cheese

- 2 slices healthy bread - Ezekiel sprouted grain flax bread used here
- 2 T ricotta
- 1 Honeycrisp apple, thinly sliced
- 1/8 t cinnamon
- 1/2 c baby greens - baby chard, kale and spinach
- a pinch of sea salt
- 1 oz crumbled aged cheddar
- 2 t sea salt caramel syrup
- 1 t butter - optional

Spread ricotta on one slice of bread. Add a layer of sliced apple. Sprinkle on cinnamon. Add greens. Sprinkle on sea salt and cheddar. Drizzle on a teaspoon of caramel syrup, then cover with a slice of bread.

Heat the sandwich in a grill press. Or use a regular pan, and start by heating butter on medium. Add sandwich to pan and cover with a small plate and a heavy can, pressing down slightly. After 1-2 minutes, flip sandwich and cook 1-2 minutes until browned on both sides. Serve garnished with apple slices, drizzled with a teaspoon of caramel syrup. Serves 1, but it's ok to share if you're on your way to yoga class.

Jittery Cook