

Green Goddess Grilled Cheese



Ingredients

- Pam Cooking Spray
- 2 Eggs
- 4 Slices whole grain bread
- 1/2 Avocado thinly sliced
- 1 Roma tomato thinly sliced
- 8 Slices mozzarella cheese
- Handful baby spinach
- 1 tbsp. butter (We used avocado butter.)

Directions

1. Wash hands using warm water and soap for 20 seconds, washing your wrists, under your fingernails, and in between your fingers.
2. Cook egg (scramble or sunny side up) to your preference. Internal temp. = 160 degrees Fahrenheit
3. Prepare produce (wash & slice).
4. Place sliced avocado on top of each slice of bread. Top with 1 slice of mozzarella cheese. Top with Roma tomato, then 1 slice of mozzarella cheese. Top with the cooked egg. Add spinach, then top with 2 more slices of mozzarella. Finally, add the last piece of bread.
5. Meanwhile, butter a large frying pan and melt butter over low-medium heat.
6. When butter is melted, place each sandwich in the pan, and cover with fitting lid.
7. Cook for approx. 5 minutes per side and continue cooking and flipping until cheese is fully melted.
8. Enjoy!

Nutrition Information

- Yields: 2 Servings
- Serving Size: 1 Sandwich
- Calories: 245
- Carbohydrates: 17.5g
- Protein: 11g
- Fat: 14g