

# Mediterranean Grilled Cheese

<b>10</b>	<i>Minutes to the Table</i>
<b>5</b>	<i>Minutes Hands On</i>
<b>1 Whisk</b>	<i>Super Easy</i>

## Getting Organized

### EQUIPMENT

Non-Stick Skillet

### FROM YOUR PANTRY

2 Tbsp Butter or  
Vegetable Oil

### 3 MEEZ CONTAINERS

Sourdough Bread  
Mozzarella &  
Tomatoes  
Artichoke Pesto

## Good to Know

### Health Snapshot per serving

590 Calories, 35g Fat, 39g Carbs, 32g Protein  
20 Smart Points

**Have questions?** The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Whole Wheat Sourdough Bread, Mozzarella, Artichoke Hearts, Parmesan,  
Olive Oil, Sundried Tomato, Lemon Juice, Parsley, Spices

meezmeals

## 1. Getting Organized

Heat 1 Tbsp of butter or oil in a non-stick skillet over medium heat.

## 2. Make the Sandwich

Spread the **Artichoke Pesto** on both slices of **Sourdough Bread**.

Place one piece of bread in the pan (pesto-side up) and top with the **Mozzarella & Tomatoes**, keeping them toward the middle of the bread. Top with the second slice of bread (pesto-side down) and press down gently.

Allow the bread to cook until brown, about 1 to 2 minutes, and then hold the top of the bread and flip. (We do this so nothing falls out of the sandwich). Cook an additional 3 to 4 minutes until the second side is brown. Turn off the heat, cover and let sit for 1 minute. Remove to a plate and serve. Enjoy!

*Love this recipe? #meezmagic*

**Meez Meals \* 1459 N. Elmwood Avenue \* Evanston \* Illinois**