

Serves: 1 | Prep: 2 mins | Cook: 6 Mins | Ready: 10 Mins



Ingredients

Canola Oil (approx 1 tbsp)
Butter - Earth Balance (approx 1 tbsp)
Sourdough Loaf (2 slices)
White Cheddar Cheese (1 slice)
Provolone Cheese (1 slice)
Smoked Gouda Cheese (1 slice)

My favorite cheese slices are from
Follow Your Heart

GRILLED CHEESE

**PLANT BASED
& VEGAN**

1. Prep work: Preheat skillet to a medium to medium high heat. Butter one side of each slice of bread.
2. Drop approx 1 tablespoon of canola oil in your skillet and add one piece of bread butter side down - rub the bread slice around in the oil while on the skillet to evenly coat.
3. Add the second slice of bread to the skillet - butter side up. This is to heat the inside of the top slice of bread to help melt the cheese.
4. Add cheese slices to the piece of bread that is butter side down on the skillet. Evenly distribute all three cheese slices on the single slice.
5. Do a check on the bottom slice of bread to make sure it's not burning. Cook time for each slice should be approx 2-3 minutes depending on how hot your skillet is.
6. Flip over the second slice of bread and add it to the top of the cheese slices - butter side up, ready to flip over once the bottom slice is golden brown.
7. When ready, flip your grilled cheese over on the skillet to begin cooking the top slice of bread until golden brown. Once both the top and bottom slices of bread are crispy and golden brown and your cheese inside is melted, remove from skillet. Slice into halves diagonally and enjoy!

Tips: the key to this recipe is to get your skillet evenly heated at a temperature that will crisp the bread slices at a slow enough rate so the cheese has time to melt inside. If you find your bread is burning before your cheese is melted, turn down your heat. If you find your bread is not crisping quickly enough, turn up your heat - cooking at too low of a temperature will not crisp your bread enough to achieve that golden brown coating you're looking for. You want to hear a nice crispy crunch when you bite in.

PRACTICE MAKES DELICIOUS - YOU'VE GOT THIS!