



Berry and Bacon Grilled Cheese

Who can resist a grilled cheese sandwich with smoked Cheddar and bacon, and topped with thick slices of sweet Ontario berries?

Preparation Time: 10 minutes
Grilling Time: 6 minutes
Makes 4 half sandwiches

4	slices multi-grain bread
1-1/2 tsp (7 mL)	vegetable oil
1 cup (250 mL)	shredded Ontario Smoked Cheddar or Old Cheddar (about 4 oz/125 g)
4	slices cooked bacon
1 cup (250 mL)	thickly sliced Ontario Strawberries
1 tbsp (15 mL)	balsamic glaze
	Freshly ground black pepper

Brush one side of each slice of bread with oil; place oiled side down on work surface. Sprinkle 2 of the bread slices with 1/4 cup (50 mL) of the cheese each; top with bacon, strawberries, balsamic glaze, pepper to taste and remaining cheese. Top with remaining slices of bread, oiled side up.

Place on grill over medium heat; close lid and grill for 3 minutes per side or until toasted. Cut in half.

Tips: Use an oval loaf of multi-grain bread with slices that are just under 1/2-inch (1 cm) thick and about 7-inches (18 cm) long.

Grill indoors on a grill pan, over medium heat.

Instead of bacon, use 4 slices of cooked Ontario Peameal Bacon.

Nutritional Information:

1 Serving (half a sandwich):
PROTEIN: 13 grams
FAT: 16 grams
CARBOHYDRATE: 25 grams
CALORIES: 305
FIBRE: 3 grams
SODIUM: 430 mg