

STARTER & SNACK

Kate's Grilley

3 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
40 min	40	\$0.06	24 kcal



Kate's Grilley might be just the hor d'oeuvre you are searching for. Watching your figure? This lacto ovo vegetarian recipe has 24 calories, 1g of protein, and 2g of fat per serving. For 6 cents per serving, this recipe covers 1% of your daily requirements of vitamins and minerals. This recipe serve...

Ingredients

- ☐ 3 ounces crumbled blue cheese (such as Stilton or Rogue River Blue)
- ☐ 1 tablespoon extra-virgin olive oil
- ☐ 2 tablespoons unsalted butter, at room temperature
- ☐ 3 ounces coarsely shredded Wagon Wheel or asiago
- ☐ 4 slices seeded wheat bread or walnut bread
- ☐ ½ About tomato, thinly sliced
- ☐ ¼ cup thinly sliced yellow onion
- ☐ 3 ounces coarsely shredded Wagon Wheel or asiago

EQUIPMENT Bowl, Frying pan

Method

- 1 In a medium frying pan over medium heat, heat oil and cook onion, stirring occasionally, until soft and deep golden brown, 10 to 15 minutes.
- 2 Let cool.
- 3 Mix cheeses together in a small bowl.
- 4 Top 2 bread slices with cheese mixture, smushing it evenly onto the bread. Top with caramelized onions and tomato, then other two bread slices.
- 5 Butter outsides of each sandwich.
- 6 Heat a large well-seasoned cast-iron skillet or a large, heavy nonstick pan over medium heat for a minute.
- 7 Place sandwiches in skillet and cook until golden-brown underneath, 5 to 7 minutes. Flip and cook the other side until it's just as toasty. Low and slow is the key. Cheese will probably ooze out, but that's okay. It gives the sandwiches a nice crunchy fringe.

Nutrition per serving

24	1 g	2 g	2 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			0.8 g · 5% of daily needs
Sugar			0.3 g · 0% of daily needs
Sodium			37.9 mg · 2% of daily needs
Cholesterol			3.1 mg · 1% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/kates-grilley-147325