

Grilled Pear and Cheese Sandwich

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 4 slices of bread of your choice (I used sourdough, but you could also use sprouted or gluten-free)
- 3/4 cup grated organic white cheddar or hard goat cheese (you could also just slice enough cheese up to cover the bread)
- 1 pear or apple, sliced thinly
- Dijon mustard to taste (as much as you like!)
- 1 tbsp room-temperature organic butter (the butter in the photo is goat butter, which is why it's white)

Instructions:

1. Heat grill pan or grill to medium.
2. Butter one side of each slice of bread and place butter side down on pan or grill.
3. Spread some Dijon mustard on the bread and top with cheese, followed by sliced pear and top with other slice of buttered bread.
4. Cook slowly (be patient!) until cheese is starting to melt and the bottom is golden brown and then flip.