



The Bee's Knees Blueberry Grilled Cheese

serves 4

presented by McKenzie Ziegler, RDN, CDN, LDN



McKenzieZieglerNutrition

INGREDIENTS

- 12 oz blueberries
- 2 Tbsp lemon juice
- ½ tsp lemon zest
- 1 tsp thyme leaves
- 4 Tbsp butter
- 8 slices bread of choice, sourdough works great
- 4 oz creamy goat cheese
- 4 slices white cheddar cheese
- 4 oz brie cheese, sliced
- 1 cup baby arugula
- honey, to taste

Instructions on Reverse



The Bee's Knees Blueberry Grilled Cheese

serves 4

presented by McKenzie Ziegler, RDN, CDN, LDN



McKenzieZieglerNutrition

INSTRUCTIONS

Make blueberry sauce:

- In a medium saucepan, combine blueberries, lemon juice, lemon zest, and thyme.
- Heat over medium-high heat until boiling.
- Reduce heat to medium and simmer, stirring occasionally, until slightly thickened but blueberries are still mostly whole, about 10 minutes.

Meanwhile, prepare bread:

- Butter one side of each bread slice.
- For four of the bread slices, place butter side down and spread goat cheese evenly on the other side.
- Top evenly with cheddar and brie cheese slices

When blueberry sauce is ready:

- Heat a skillet over medium heat. Place bread with cheese butter-side-down in skillet.
- Top with about 2 Tbsp of blueberry sauce.
- Toast until cheese is slightly melted and bread slice is browned on the bottom.
- Top with arugula, a drizzle of honey and the other bread slice (the one with no cheese) butter-side-up.
- Flip sandwich with a spatula and toast until bread is browned and cheese is melted. Cut sandwich in half to serve.

To make a thicker blueberry sauce:

- If desired, sauce can be made thicker by cooking it for an extra 5-10 minutes and/or allowing it to cool for 15 minutes.