



Caramelized-Onion Grilled Cheese



Entire recipe: 285 calories, 8.5g total fat (3.5g sat. fat), 815mg sodium, 36g carbs, 7g fiber, 10g sugars, 16g protein

Prep: 5 minutes **Cook:** 25 minutes



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Ingredients

- 1 stick light string cheese
- 1 cup diced sweet onion
- Dash each salt and black pepper
- 1 wedge [The Laughing Cow Light Creamy Swiss cheese](#)
- 2 slices light bread
- 2 tsp. [light whipped butter or light buttery spread](#) (like Brummel & Brown)

Directions

Break string cheese into thirds and place in a blender or food processor -- blend at high speed until shredded. (Or pull into shreds and roughly chop.)

Bring a skillet sprayed with nonstick spray to medium-low heat. Add onion, and sprinkle with salt and pepper. Stirring frequently, cook until caramelized, about 20 minutes.

Transfer caramelized onion to a medium bowl. Add cheese wedge, and stir until softened and mixed. Stir in shredded string cheese.

Evenly top one bread slice with the onion-cheese mixture. Top with the other bread slice. Spread the top of the sandwich with 1 tsp. butter.

Clean skillet. Re-spray and bring to medium-high heat. Place sandwich in the skillet, buttered side down. Spread the top with remaining 1 tsp. butter.

Cook until bread is lightly browned and cheese has melted, about 2 minutes per side, flipping carefully. Dig in!

MAKES 1 SERVING

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