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Grilled Caramelized Onion, Apple, and Blue Cheese Sandwiches



Bring some excitement to your lunch with these sandwiches that pack a flavorful punch from sweet caramelized onions, tart Granny Smith apples and rich blue cheese.

Prep Time:

10
MIN

Cook time:

16
MIN

Total Time:

26
MIN

Number of Ingredients:

6

Servings:

2

Level:

Medium

Ingredients:

4 slices Nature's Own 40 Calories 9-Grain Bread

1 large Vidalia or other sweet onion, thinly sliced (about 2 cups)

1 tablespoon light balsamic vinaigrette

2 tablespoons butter, softened

3/4 cup very thinly sliced Granny Smith apple (16 slices)

1/4 cup crumbled blue cheese

Instructions:

Heat vinaigrette in large skillet over medium-high heat.

Add onion; cook 8 to 10 minutes or until tender and lightly browned, stirring often.

Meanwhile spread 1 side of bread slices with butter.

Divide onion between unbuttered sides of 2 bread slices; top with apple, cheese and remaining bread slices, buttered side up.

Cook in same skillet over medium heat 3 minutes per side or until browned, pressing down with spatula to slightly compress.

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