

Air Fryer Grilled Cheese



Discover our delicious grilled cheese with tomatoes and spinach. Prepared in a flash with your air fryer, this melty and crispy sandwich is perfect for a quick and tasty meal.

Preparation 5 min

Cooking 10 min

Servings 1

Nutrition Facts (per serving)

Calories 420

Fat 14

Carbohydrates 53

Fibre 3

Protein 22

Sodium 875

Ingredients

- 2 slices sourdough bread
- 2 slices (40 g) low-fat cheddar cheese
- 3-4 slices tomato
- Pepper, to taste
- A few spinach leaves

- Olive oil spray
- 1 clove garlic, crushed (optional)

Optional Additions:

- 1-2 slices of Italian ham
- Everything bagel seasoning
- Roasted zucchini or bell peppers

Preparation

1. Spray one side of each bread slice with olive oil, then rub the garlic clove over the oiled side to give the bread a subtle garlic flavour.
2. Place one slice of bread in the air fryer drawer (oiled side down), then layer with one slice of cheese, followed by the tomato slices, pepper, spinach, and the second slice of cheese.
3. Close the sandwich with the second slice of bread (oiled side up).
4. Cook for 4 to 5 minutes, or until the top is golden and crispy. Flip the sandwich and cook for an additional 4 minutes.
5. Serve immediately with a side salad.

Notes

Best consumed immediately, but can be stored in an airtight container in the refrigerator for up to 3 days.



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