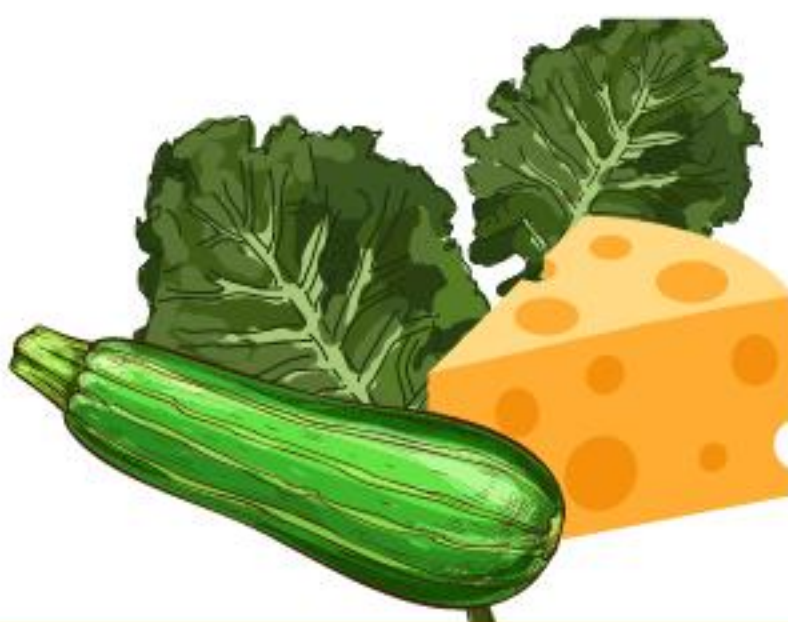




# Zucchini-Kale Grilled Cheese with Pesto



**Prep Time: 5 minutes    Cook Time: 10 minutes    Serves: 4**

## INGREDIENTS

- 1 medium zucchini
- 1 tsp salt
- 2 tbsp. olive oil
- 8 slices of whole grain bread
- 2 -3 tbsp. pesto
- 4 slices of mozzarella, or other white cheese (Provolone, Muenster, etc.)
- 1 cup baby kale
- 1 cup cherry tomatoes (Optional)

## VARIATIONS

- This recipe is very versatile! Try adding sauteed mushrooms, substituting kale for any other leafy green such as spinach or swiss chard, and even adding a grilled poblano pepper!

## DIRECTIONS

- **SLICE** zucchinis lengthwise, **PLACE** the slices on a plate, **SPRINKLE** them with salt, and let it sit for 5-6 minutes.
- **PAT** the zucchinis to dry and to remove extra salt.
- **OIL** griddle or a grill pan, and **COOK** the zucchini slices on both sides for 1-2 minutes, then set aside.
- **SPREAD** the pesto evenly on the bread slices
- **LAYER** the bread with a slice of cheese, grilled zucchini, half the kale, another slice of cheese, and finally the bread. **PRESS** together gently.
- Lightly **OIL** the pan and **COOK** the sandwiches on both sides until golden brown, and the cheese melted.
- **SERVE** with cherry tomatoes. **ENJOY!**