

Apple Turkey Melt

This sandwich takes a bit of time to prepare, comparative to a regular grilled cheese or “melt” sandwich, but trust me when I say... it is well worth the effort!

Time: 15 min Cook Time: 15-17 minutes (including cook time for bacon)

Ingredients:

¼ Yellow onion

¼ Green or Granny Smith Apple

Cheddar cheese (preferably sharp)

2 slices of Bacon

2 pieces of bread (preferably sourdough or multi grain; both work great)

1 T. Mayonnaise

Hot sauce

Yellow mustard

Directions:

Before you do anything, preheat oven to 400 degrees.

1) In a skillet, caramelize ¼ yellow onion, sliced very thinly (NOT chopped). Sprinkle with salt and a few cracks of black pepper.

2) While onions are cooking down, thinly slice ¼ of a green or Granny Smith apple; set aside.

3) Grate a small handful of cheddar cheese (approx. ¼ cup)

**By now the oven should be up to temp; place three slices of bacon on a lined baking sheet and pop into the oven for about 12 minutes.

4) Once the onions are caramelized, remove from pan and set aside. Put apple slices into the same pan used for the onions, turn heat down to medium, and cover. Brown apples on both sides. Apples will become soft and slightly translucent. Remove from heat and set aside.

5) Into a small bowl put 1 T. of mayonnaise, approximately 1 tsp or so of yellow mustard, and couple of good shakes of hot sauce. Stir thoroughly and set aside.

6) Start building the sandwich while the bacon cooks:

- Butter one side of two slices of bread
- Put tablespoon of mayo mix (healthy covering) on inside (unbuttered side) of each slice of bread.

- Place apples on one piece of bread.
- Pile onions evenly across top of apples.
- Sprinkle all of grated cheese on top of onions.
- On other piece of bread, put at least 3 thin slices of turkey.
- Once bacon is done, towel off grease with paper towel, and place lengthwise across turkey.

7) Put both sides of sandwich together, and place into pan used for onions & apples. Brown both sides (medium heat). **Cover while cooking; cheese will melt faster and more evenly.

8) Remove from heat once bread is browned and cheese is melted; cut in half and enjoy! ☺