

Heirloom Tomato & Fontina Grilled Cheese Sandwiches

with Dijon Green Beans

Fontina cheese has been produced in the Alpine valley of Aosta, Italy, for the last 900 years. Superbly melty, this cow's milk variety is a natural choice for grilled cheese. Though somewhat milder than the original, today's versions maintain a little ripeness and all the creamy texture. Between toasty slices of sourdough, with slices of heirloom tomato, these sandwiches are an exquisite take on summer comfort food.



Ingredients

- 6 Ounces Green Beans
- 4 Ounces Fontina Cheese
- 1 Clove Garlic
- 1 Heirloom Tomato
- 1 Lemon
- 1 Red Onion
- 4 Slices Sourdough Bread
- 1 Ounce Arugula
- 1 Tablespoon Dijon Mustard

Makes 2 Servings
About 540 Calories Per Serving

Instructions



1

Prepare the ingredients:

Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Trim off and discard the stem ends of the green beans; cut the beans in half crosswise. Remove and discard the rind of the cheese; thinly slice the cheese. Peel and mince the garlic; then, using the flat side of your knife, smash until it resembles a paste. Cut the tomato in half; thinly slice half of the tomato, then cut the remaining half into wedges. Quarter the lemon and remove the seeds. Peel and thinly slice the onion.



2

Cook the green beans:

Fill a medium bowl with ice water and set aside. Add the **green beans** to the pot of boiling water and cook 2 to 3 minutes, or until bright green and slightly tender. Drain the cooked beans thoroughly and transfer to the bowl of ice water. Let stand until cool, then drain thoroughly. Set aside as you continue cooking.



3

Assemble the sandwiches:

Lay the **sourdough slices** out on a clean work surface. Divide the **cheese** between 2 of the bread slices, then top with the **sliced tomato**. Season the tomatoes with salt and pepper and top with the **arugula** and **as much of the sliced onion as you'd like**. Top each with one of the remaining bread slices to complete the sandwiches.



4

Cook the sandwiches:

In a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium until hot. Add the **sandwiches** and cook 4 to 6 minutes per side, or until golden brown and crisp, carefully flipping with a spatula. (If the pan is dry, add a little more olive oil after flipping the sandwiches.)



5

Make the Dijon green beans:

While the sandwiches cook, pat the **cooled green beans** dry with paper towels. In a medium bowl, combine the **green beans**, **Dijon mustard**, **garlic paste**, **tomato wedges**, **as much of the remaining red onion as you'd like** and the **juice of 2 lemon wedges**. Drizzle with olive oil and toss to coat; season with salt and pepper to taste.



6

Plate your dish:

Cut the **grilled cheese sandwiches** in half and divide between 2 plates. Serve with the **green bean-tomato salad** on the side. Garnish with the **remaining lemon wedges**. Enjoy!