

## **Ham, Jarlsberg, Caramelized Onion & Apple Grilled Cheese Sandwich**

Yup...it's a mouthful and in more ways than one! The smokiness of the ham combined with the creamy Jarlsberg, Sweet caramelized onion and crunchy apple, along with a tangy grainy mustard aioli, makes this one heckuva taste explosion!

Ingredients: (Makes 2 sandwiches)

1/2 red onion, thinly sliced

2 Granny Smith Apple, peeled, cored and sliced into matchstick-size pieces

½ Tbsp unsalted butter

3-4 sprigs fresh thyme

Freshly ground sea salt and black pepper to taste

4 Tbsp low fat mayonnaise

2 Tbsp grainy mustard

6 slices Black Forest Ham, thinly sliced

4 slices Jarlsberg cheese

4 slices bread of your choice

Directions:

Melt butter in a medium-sized non-stick skillet over medium high heat. Add onion and season lightly with freshly ground sea salt and black pepper. Let onion saute and soften for about 1-2 minutes. Reduce heat to medium-low and add ¾ of sliced apple, leaving remaining ¼ to add to sandwiches later for some 'crunch'. Add leaves of 2-4 sprigs fresh thyme. Let onion and apple slowly cook and caramelize for about 5-7 minutes.

Meanwhile in a small bowl, whisk together low fat mayonnaise with grainy mustard to make a grainy mustard 'aioli'. Spread grainy mustard aioli on inside of 4 slices of bread. Place a slice of Jarlsberg cheese on two slices of bread and top with 3 thinly sliced slices of Black Forest ham. Top ham with caramelized onion and apple. Add uncooked apple on top of caramelized onion mixture and top with another slice of Jarlsberg cheese – place one slice of bread, grainy mustard aioli side in on top.

Lightly butter slice of bread that is facing up and heat a grill pan over medium high heat. When grill pan is hot, place sandwich, buttered side down, into pan. After approximately 30 seconds, give sandwich and ¼ turn. (Don't forget to lightly butter top of sandwich before flipping). Flip sandwich to other side and repeat this process until sandwich is golden brown and cheese has melted. Serve and enjoy!

Kim's Cookology