

# Grilled Cheese, Only Better

Savor our Southwestern take on melted cheddar.

**T** rue, the basic sandwich is irresistible in its own right, but we couldn't resist playing around with the formula. (We're like that!) Adding bacon seemed like a natural; using seven-grain bread provided crunch. Including avocado and salsa put the whole shebang over the top.



## great grilled cheese

**Makes:** 1 serving. **Prep:** 10 minutes.

**Cook:** about 5 minutes.

- 2 slices bacon
- 2 teaspoons reduced-fat mayonnaise
- 2 teaspoons medium-hot salsa
- 2 thick slices 7-grain bread
- 2 ounces extra-sharp cheddar cheese, thinly sliced
- ¼ of a medium avocado, thinly sliced
- 2 teaspoons butter

1. Cook bacon in small nonstick skillet over medium-high heat until very crisp. Remove to paper towels; when cool, crumble.
2. Remove virtually all of the bacon grease, but do not wipe out skillet.
3. Combine mayonnaise and salsa. Spread on one side of bread. Top with half of the cheese, then avocado slices. Sprinkle crumbled bacon on top. Arrange remaining cheese over bacon.
4. Cover with second slice of bread. Spread top with 1 teaspoon of the butter.
5. Heat skillet over medium heat. Add sandwich, butter-side down, and cook about 2 minutes or until lightly browned. Spread remaining butter on top side of sandwich. Turn over. Cook another 2 minutes or until cheese is melted.

**Per Serving:** 606 calories; 44 g fat (20 g sat.); 25 g protein; 30 g carbohydrate; 7 g fiber; 1,033 mg sodium; 99 mg cholesterol.



## EDITOR'S PICKS

From Redbone Foods in South Carolina comes an update on aioli, France's great garlic-flavored mayonnaise. Open a jar and add a smoky hit of chipotle to a dip for shrimp, the bite of lemon-peppercorn to chicken, or a bracing but just-right level of wasabi to grilled tuna. Credit goes to Dale Barth, a fisherman and chef at his Redbone Alley Restaurant & Bar. Barth's goal was to create a sauce that made it easy for home cooks to achieve a pro-quality meal. So far he's developed seven flavors, including a well-balanced orange curry. If you can't find them in your local fancy food store, buy online at [www.redbonefoods.com](http://www.redbonefoods.com) or call 800-897-7407.

## Celebrity Savvy

## Bobby Flay



He's back with a new book, *Bobby Flay's Grilling for Life* (Scribner). This time, the newly wed TV star and renowned restaurateur puts health on the menu, using his signature spices with "good" carbs and fiber-filled veggies. Try his terrific grilled onion: Heat grill to medium-high. In a bowl, whisk together 2 tablespoons paprika; 2 teaspoons each ground cumin, ground coriander

and kosher salt; 1 teaspoon each black pepper, dry mustard, cayenne and oregano; and 1 tablespoon ancho chile powder. Cut 4 Vidalia onions into ¼-inch slices; brush both sides with oil. Rub one side of each slice with seasoning and place, rub-side down, on grill. Grill until golden brown, 2 to 3 minutes. Turn; grill until tender, 2 to 3 minutes more. Use any extra mixture on chicken.