

Grilled Cheese with Corn Sandwich

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Servings: 4

*1 ear corn
1 small zucchini
1/2 cup sliced cherry tomatoes
2 scallions, sliced
1/2 teaspoon Kosher salt
few grinds freshly ground pepper
2 cups Colby Jack cheese, grated
8 slices white bread
butter*

Cut the kernels off the ear of corn. Grate the zucchini, then squeeze dry in a kitchen towel.

In a large bowl, toss the corn, zucchini, cherry tomatoes, scallions, Kosher salt and pepper.

Add the Colby Jack cheese. Toss.

Place four slices of bread on a board. Divide the cheese mixture among the four bread slices. Top each with another bread slice. Press to adhere.

Lightly butter the outside of the sandwiches.

Grill over medium-low heat, roasting as needed, until well marked and the cheese melts, 3 to 5 minutes per side.

Per Serving (excluding unknown items): 162 Calories; 2g Fat (11.7% calories from fat); 6g Protein; 31g Carbohydrate; 3g Dietary Fiber; 1mg Cholesterol; 510mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Vegetable; 1/2 Fat.