

Goosey Grilled Cheese with Spinach, Feta & Sun-Dried Tomatoes

Mediterranean Spinach Grilled Cheese



TIME
10 min

METHOD
Air fryer

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INGREDIENTS

8 slices of bread (your choice: sourdough, whole wheat, etc.)

1 cup baby spinach

1 cup crumbled feta cheese

1/2 cup chopped sun-dried tomatoes

1/4 cup butter, softened

Instructions:

Tips for Success:

Use fresh baby spinach: It wilts perfectly during grilling.

Sun-dried tomatoes in oil: They blend more easily and add depth of flavor.

Add mozzarella or provolone: For more meltiness alongside the feta.

Try sourdough or multigrain bread: For an extra hearty bite-great with sides like Easy Turkey Wings.

Serving Suggestions:

A warm bowl of tomato soup

Greek salad or marinated cucumbers

A light, citrusy drink or sparkling water

For dessert, something indulgent like Peanut Butter

Brownies for that sweet-salty balance

Storage & Leftovers:

Best fresh: This sandwich is crispiest right off the skillet.

Leftovers: Store wrapped in foil in the fridge for up to 1 day.

Reheat: Use a skillet or air fryer to regain crispness (microwaving will soften the bread).

More Recipes You'll Love:

Sheet Pan Quesadillas

A Light Tangy Chicken Salad

Easy Turkey Wings

Cajun Chicken Sausage Gumbo

Peanut Butter Brownies

Final Thoughts:

DIRECTIONS

1. Mix the Filling: In a bowl, combine spinach, crumbled feta, and sun-dried tomatoes.
2. Butter the Bread: Spread butter on one side of each slice of bread.
3. Assemble the Sandwiches: On the unbuttered side of 4 slices, layer the spinach-feta mixture generously. Top with the remaining bread, buttered side facing out.
4. Grill: Heat a skillet over medium. Cook sandwiches 3-4 minutes per side, pressing slightly, until the bread is golden and the filling is warm and gooey.
5. Serve: Slice and serve immediately while the cheese is still melted.
6. Tips for Success: Use fresh baby spinach: It wilts perfectly during grilling.
7. Sun-dried tomatoes in oil: They blend more easily and add depth of flavor.
8. Add mozzarella or provolone: For more meltiness alongside the feta.
9. Try sourdough or multigrain bread: For an extra hearty bite-great with sides like Easy Turkey Wings.
10. Serving Suggestions: This grilled cheese goes great with:
 11. A warm bowl of tomato soup
 12. Greek salad or marinated cucumbers
 13. A light, citrusy drink or sparkling water
 14. For dessert, something indulgent like : Peanut Butter Brownies for that sweet-salty balance
 15. Feeling adventurous? Pair with Cajun Chicken Sausage Gumbo for a fusion dinner.

16. **Storage & Leftovers:** Best fresh: This sandwich is crispiest right off the skillet.
17. **Leftovers:** Store wrapped in foil in the fridge for up to 1 day.
18. **Reheat:** Use a skillet or air fryer to regain crispness (microwaving will soften the bread).
19. **More Recipes You'll Love:** If you enjoy cozy, flavor-packed food, try these next:
20. **Sheet :** Pan Quesadillas
21. **A Light :** Tangy Chicken Salad
22. **Easy :** Turkey Wings
23. **Cajun :** Chicken Sausage Gumbo
24. **Peanut :** Butter Brownies
25. **Final Thoughts:** This Mediterranean Spinach Grilled Cheese brings big flavor with minimal effort. It's crispy, cheesy, tangy, and filled with goodness. Whether you're looking for a quick lunch or something new to serve with soup, this recipe is a winner.

TIPS FOR SUCCESS

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More recipes: [ChefManiac.com](https://chefmaniac.com)

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