

Mediterranean Spinach Grilled Cheese: Easy & Flavorful Twist

Get ready to elevate your grilled cheese game with this incredibly flavorful and vibrant



TIME
2-3 min

METHOD
Air fryer

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INGREDIENTS

2 slices of bread (sourdough or your choice)
1 cup fresh spinach, chopped
1/2 cup feta cheese, crumbled
1/4 cup sun-dried tomatoes, chopped (oil-packed, drained)
1 tablespoon olive oil
Salt and pepper, to taste
1 tablespoon butter
Swaps and Notes:

Bread: Sourdough bread offers a fantastic tangy flavor and a sturdy crust that toasts beautifully. Other hearty breads like ciabatta, country white, or even whole wheat can be used.

Fresh Spinach: Baby spinach or larger spinach leaves, chopped, work well.

Feta Cheese: Crumbled feta is classic for its salty and tangy profile. Goat cheese or even halloumi (sliced and pan-fried before mixing) could be interesting alternatives.

Sun-Dried Tomatoes: Oil-packed sun-dried tomatoes (drained and chopped) provide the best flavor and texture. Avoid the dry-packed ones unless rehydrated.

Olive Oil: For sautéing the spinach.

Butter: Essential for achieving that golden, crispy crust on the bread. Mayonnaise can also be used on the outside of the bread for a crispier, browner crust.

Optional Additions: A pinch of garlic powder or dried oregano in the spinach mixture, or a thin slice of red onion for extra zest.

DIRECTIONS

1. Let's get this delicious : Mediterranean Spinach Grilled Cheese cooking!
2. SautØ Spinach: In a skillet (the same one you'll use for grilling the sandwich works fine), heat the 1 tablespoon of olive oil over medium heat. Add the chopped fresh spinach and sautØ for about 2-3 minutes, stirring constantly, until the spinach is fully wilted. Remove from heat.
3. Prepare : Filling: In a medium bowl, combine the sautØed spinach with the 1/2 cup of crumbled feta cheese and the 1/4 cup of chopped sun-dried tomatoes. Season with salt and pepper to taste. Mix everything well until combined.
4. Assemble the : Sandwich: Butter one side of each bread slice generously with 1 tablespoon of butter. Place one slice of bread, butter side down, in the skillet (over medium heat).
5. Spread the prepared spinach mixture evenly on top of the bread in the skillet.
6. Then, place the other slice of bread on top, butter side up.
7. Cook the : Grilled Cheese: Cook the sandwich for about 3-4 minutes on the first side, or until the bread is beautifully golden brown and crispy. Carefully flip the sandwich over and cook the other side for another 3-4 minutes, or until it's also golden brown and crispy, and the cheese inside is fully melted and gooey.
8. Serve: Remove the grilled cheese from the skillet. Slice it in half (diagonally is classic!) and serve immediately. Enjoy the crispy exterior, gooey layers

of cheese, and the vibrant flavors of spinach and sun-dried tomatoes in each bite!

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TIPS FOR SUCCESS

Squeeze Spinach (Optional): If your spinach seems very wet after sautéing, give it a quick squeeze with a paper towel to remove excess moisture.

Don't Overfill: While tempting, overfilling the sandwich can make it hard to manage and prevent the cheese from melting properly.

Medium Heat is Key: Cook over medium heat.

Too high, and the bread will burn before the cheese melts.

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

Original recipe: <https://chefmaniac.com/mediterranean-spinach-grilled-cheese-easy-flavorful-twist/>