

## Spinach Feta Protein Grilled Cheese Recipe: A Crispy, Savory High-Protein Lunch

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### TIME

1 to 2 min

### METHOD

Air fryer

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### INGREDIENTS

- 4 slices sturdy bread, such as sourdough, whole grain, or country white
- 1 cup fresh spinach, roughly chopped
- 1/2 cup crumbled feta cheese
- 1/2 to 3/4 cup shredded mozzarella or provolone
- 1/2 cup cooked shredded chicken, cottage cheese, or other preferred protein
- 2 tablespoons butter, softened
- 1 teaspoon olive oil
- 1 clove garlic, minced
- 1/4 teaspoon black pepper
- Pinch of red pepper flakes, optional

### DIRECTIONS

1. SautØ the spinach.Heat the olive oil in a skillet over medium heat. Add the minced garlic and cook for about 30 seconds, just until fragrant. Stir in the spinach and cook until wilted, about 1 to 2 minutes. Remove from heat.
2. Make the filling.In a bowl, combine the cooked spinach, feta, shredded mozzarella or provolone, and your protein of choice. Add black pepper and red pepper flakes if using. Mix until evenly combined.
3. Prepare the bread.Spread softened butter on one side of each slice of bread. Lay out two slices butter-side down on a board or plate.
4. Assemble the sandwiches.Divide the filling evenly between the two slices of bread. Top with the remaining bread slices, butter-side up.
5. Grill until golden.Heat a skillet over medium-low heat. Place the sandwiches in the pan and cook for 3 to 4 minutes per side, pressing gently with a spatula, until the bread is crisp and golden and the cheese is melted.
6. Rest and slice.Let the sandwiches sit for about a minute before slicing in half. This helps the filling settle and makes them easier to serve.

### SWAPS & NOTES

**Bread:** Whole grain bread adds fiber and makes the sandwich feel extra hearty, but sourdough gives the best crisp texture.

**Protein:** Shredded chicken works beautifully, but cottage cheese can also boost protein while keeping the filling

creamy.

Cheese balance: Feta adds strong flavor, so pairing it with a milder cheese like mozzarella helps the sandwich melt better.

Spinach: Fresh spinach is ideal, though thawed frozen spinach can work if it is squeezed very dry.

## TIPS FOR SUCCESS

The key to a great grilled cheese is patience.

Keep the heat at medium-low so the bread can turn golden and crisp without burning before the cheese inside fully melts.

Because feta does not melt the way mozzarella or provolone does, using a blend of cheeses gives you the best of both worlds: bold flavor and that classic gooey texture.

Another important tip is not to overfill the sandwich.

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

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