

Beet, Arugula & Goat Cheese Grilled Cheese

Heart Health

Items Needed: measuring spoons, measuring cups, baking pan, medium frying pan, tongs, knife, and cutting board.

Makes: 2 servings

Ingredients:

- 1 large beet or 2 medium sized beets
- 2 tsp. olive oil
- 1 tsp butter
- ½ cup arugula
- 1 Tbsp. balsamic vinegar
- ¼ cup goat cheese
- 4 slices of whole grain bread
- ¼ tsp. salt

Directions:

1. Begin setting your oven to 375° F
2. Skin your beets and slice them to your desired thickness
3. Toss beets in olive oil and salt, then bake for 20-30 minutes flipping them halfway through
4. Remove beets, fry them in balsamic vinegar until vinegar has evaporated
5. Place your arugula, goat cheese, and beets on the bread.
6. In a non stick pan over medium heat, add olive oil/butter combination
7. Once the oil and butter have lightly coated the surface, place sandwich in skillet and cook for 2-3 minutes on each side until each side is golden brown.
8. Enjoy!

Nutritionals for this item will vary largely on the type of bread used.

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