

Food Therapy



Host, Lynn Ogryzlo

Join Lynn every Saturday morning at 11 am for delicious discussions on health and wellness.

Asparagus Grilled Cheese

- 1 bunch just-cut asparagus spears, washed and trimmed
- 1 tablespoon (15 mL) extra-virgin olive oil
- 1 loaf artisan sourdough bread
- 2 teaspoons (10 mL) grainy mustard
- 8 slices Ontario cheddar or gouda cheese
- 8 slices Ontario ham, thinly sliced
- country fresh butter, room temperature
- Ontario salt

Toss the asparagus in the oil and season well. Arrange the asparagus in a single layer on a baking sheet. Roast in a preheated 400F (200C) oven until al dente, about 8 to 10 minutes. Remove from oven and set aside. Meanwhile, cut 8 slices of artisan bread and lay them on a clean work surface. Spread mustard on one side of each sandwich and top with a slice of cheese. Lay spears of asparagus on each cheese slice, top with ham slices and another slice of sourdough.

Heat a skillet to medium heat. Butter both the top and bottom of the sandwiches and lay in the skillet. Cook until the bread begins to turn golden, about 3 minutes. Turn the sandwich over and cook for another 3 to 4 minutes. Makes 4 sandwiches.



Recipe courtesy of food writer, Lynn Ogryzlo
Photograph courtesy of food photographer, Jon Ogryzlo
Episode #58: Veggie Revolution

Email Lynn with questions or comments at lynnogryzlo@gmail.com

Because What You Put In Your Body Matters!