



## Caramelized-Onion Grilled Cheese



Entire recipe: 285 calories, 8.5g total fat (3.5g sat fat), 815mg sodium, 36g carbs, 7g fiber, 10g sugars, 16g protein

**Green Plan [SmartPoints](#)® value 6\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 6\***

**Prep:** 5 minutes    **Cook:** 25 minutes



Tagged: [Lunch & Dinner Recipes](#), [Vegetarian Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

### Ingredients

- 1 stick light string cheese
- 1 cup diced sweet onion
- Dash each salt and black pepper
- 1 wedge [The Laughing Cow Light Creamy Swiss cheese](#)
- 2 slices light bread
- 2 tsp. [light whipped butter or light buttery spread](#) (like Brummel & Brown)

### Directions

Break string cheese into thirds and place in a blender or food processor -- blend at high speed until shredded. (Or pull into shreds and roughly chop.)

Bring a skillet sprayed with nonstick spray to medium-low heat. Add onion, and sprinkle with salt and pepper. Stirring frequently, cook until caramelized, about 20 minutes.

Transfer caramelized onion to a medium bowl. Add cheese wedge, and stir until softened and mixed. Stir in shredded string cheese.

Evenly top one bread slice with the onion-cheese mixture. Top with the other bread slice. Spread the top of the sandwich with 1 tsp. butter.

Clean skillet. Re-spray and bring to medium-high heat. Place sandwich in the skillet, buttered side down. Spread the top with remaining 1 tsp. butter.

Cook until bread is lightly browned and cheese has melted, about 2 minutes per side, flipping carefully. Dig in!

**MAKES 1 SERVING**

**SmartPoints**® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.