



Published on *Nature's Own Bread* (<https://www.naturesownbread.com>)

[Home](#) > Grilled Caramelized Onion, Apple, and Blue Cheese Sandwiches

---

## Grilled Caramelized Onion, Apple, and Blue Cheese Sandwiches



Bring some excitement to your lunch with these sandwiches that pack a flavorful punch from sweet caramelized onions, tart Granny Smith apples and rich blue cheese.

**Prep Time:**

10  
MIN

**Cook time:**

16  
MIN

**Total Time:**

26  
MIN

**Number of Ingredients:**

6

**Servings:**

2

**Level:**

Medium

**Ingredients:**

4 slices Nature's Own 40 Calories 9-Grain Bread

1 large Vidalia or other sweet onion, thinly sliced (about 2 cups)

1 tablespoon light balsamic vinaigrette

2 tablespoons butter, softened

3/4 cup very thinly sliced Granny Smith apple (16 slices)

1/4 cup crumbled blue cheese

**Instructions:**

Heat vinaigrette in large skillet over medium-high heat.

Add onion; cook 8 to 10 minutes or until tender and lightly browned, stirring often.

Meanwhile spread 1 side of bread slices with butter.

Divide onion between unbuttered sides of 2 bread slices; top with apple, cheese and remaining bread slices, buttered side up.

Cook in same skillet over medium heat 3 minutes per side or until browned, pressing down with spatula to slightly compress.

---

**Source URL:** <https://www.naturesownbread.com/recipe/grilled-caramelized-onion-apple-and-blue-cheese-sandwiches>