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## Grilled Cheddar & Onion Sandwiches



[100% Whole Wheat](#)

Turn up the heat on the standard grilled cheese sandwich with the addition of grilled onion and bell pepper slices - you'll think you just found the pot of gold at the end of the rainbow.

**Total Time:**

24

MIN

**Number of Ingredients:**

8

**Servings:**

4

**Level:**

Medium

**Ingredients:**

8 slices Nature's Own 100% Whole Wheat Bread

Butter at room temperature

4 teaspoons light mayonnaise

8 slices (3/4 ounce each) sharp Cheddar cheese

4 onion slices (about 1/4 inch thick)

4 green bell pepper rings (about 1/4 inch thick) (optional)

2 teaspoons olive oil

Salt

**Instructions:**

Butter 1 side of each bread slice. Turn 4 bread slices over and spread with mayonnaise.

Heat oil in 12-inch skillet over medium heat.

Cook onion slices and pepper rings 2 to 3 minutes per side until crisp-tender. Season onion slices with salt.

Place 4 slices of cheese on bread slices spread with mayonnaise; top with onion and bell pepper, then another slice of cheese. Close sandwiches.

Wipe out skillet. Grill sandwiches 2 to 3 minutes per side over medium heat until bread is toasted and cheese is melted.

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**Source URL:** <https://naturesownbread.com/recipe/grilled-cheddar-onion-sandwiches>