GRILLED TOMATO AND THREE-CHEESE SANDWICH

What you will need:

* Slices of sourdough or Italian bread
* Extra virgin olive oil
* Thinly sliced Colby, Jack and Cheddar cheeses
* Sliced firm tomato
* Pinch of chopped basil leaves

Preparation:

Coat a heavy skillet with non-stick cooking spray and preheat over medium heat. Lightly brush one side of each slice of bread with olive oil. Place cheese slices on half the total slices of bread, olive oil side down. Place tomato slices on top of cheese, sprinkle very lightly with chopped basil. Top with remaining slices of bread, olive oil side out. Transfer sandwiches to skillet. Cook 1-3 minutes on first side, applying occasional pressure to the sandwich with a spatula. Flip and cook another 1-3 minutes, or until the cheese melts and the bread is a golden brown. Cooking times may vary.

Serve warm.

FRIED EGG WITH DILL AND CHEDDAR SANDWICH

What you will need:

* Slices of sourdough bread, buttered and grilled beforehand
* 2 eggs
* A pat of butter
* 1/4 cup of shredded Cheddar cheese
* Pinch of dill
* Salt and pepper to taste

Preparation:

Put a pat of butter into a hot frying pan or skillet. When the butter melts, crack the eggs into it, close enough for their whites to merge. Flip them carefully when the edges began to turn golden brown, then wait until the yolks firm ever-so-slightly. Sprinkle the eggs with salt and pepper and a pinch of dill. Top with shredded cheddar cheese, allowing the cheese to melt slightly. Scoop the eggs up with a spatula and put them on buttered, grilled sourdough.

Serve warm.