RECIPE

Grilled Cheese with Peaches

Not only is this sandwich a quick and easy lunch, but also a fun way to add more fruit and veggies to your day.

Makes: 4 servings (4 sandwiches)
Prep Time: 3 minutes
Cook Time: 10 minutes

Source: MyPlate.gov, recipe/ Grilled Cheese Peaches

Small Changes, BIG Difference!

Ingredients

- 8 slices whole grain bread
- 1 15-ounce can of sliced peaches, drained
- 8 slices low-fat cheddar cheese
- 8 ounces fresh spinach
- 4 teaspoons vegetable oil

Directions

1. Heat the 4 teaspoons of vegetable oil in a large non-stick pan over medium heat.
2. Place 4 slices of whole grain bread in the pan.
3. Layer (in this order) one slice of cheese, a handful of spinach, 4 to 6 peach slices, another slice of cheese, and a slice of bread on top of each original slice of bread.
4. After 4 to 5 minutes, flip each sandwich and cook another 4 to 5 minutes.

Utensils Needed

- Non-stick pan
- Spatula

Nutrition Information

Serving Size: 1 sandwich

Nutrients	Amount
Calories:	376
Total Fat:	11 g
Saturated Fat:	4 g
Cholesterol:	12 mg
Sodium:	719 mg
Total Carbohydrates:	47 g
Dietary Fiber:	8 g
Total Sugars:	17 g
Added Sugars:	11 g
Protein	25 g

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