

## NUTRITION PER SERVING:

|                     |      |
|---------------------|------|
| <b>CALORIES</b>     | 254  |
| <b>PROTEIN</b>      | 17 G |
| <b>CARBOHYDRATE</b> | 29 G |
| <b>TOTAL FAT</b>    | 8 G  |

|                   |            |
|-------------------|------------|
| <b>PREP TIME:</b> | 15 MINUTES |
| <b>COOK TIME:</b> | 15 MINUTES |

|                      |            |
|----------------------|------------|
| <b>YIELD:</b>        | 4 SERVINGS |
| <b>SERVING SIZE:</b> | 1 SANDWICH |

|              |   |
|--------------|---|
| <b>1 TSP</b> | GARLIC, MINCED (ABOUT ½ CLOVE)  |
| <b>1</b>     | SMALL ONION, MINCED (ABOUT ½ CUP)   |
| <b>2 C</b>   | FROZEN CUT SPINACH, THAWED AND DRAINED (OR SUBSTITUTE 2 BAGS (10 OZ EACH) FRESH LEAF SPINACH, RINSED) |
| <b>¼ TSP</b> | GROUND BLACK PEPPER   |
| <b>8</b>     | SLICES WHOLE-WHEAT BREAD  |
| <b>1</b>     | MEDIUM TOMATO, RINSED, CUT INTO 4 SLICES  |
| <b>1 C</b>   | SHREDDED PART-SKIM MOZZARELLA CHEESE  |

NONSTICK COOKING SPRAY



## RED WHITE AND GREEN GRILLED CHEESE

SO GOOD, YOUR CHILDREN MIGHT NOT EVEN NOTICE THE "GREEN STUFF"

- 01 Preheat oven to 400 °F. Place a large baking sheet in the oven to preheat for about 10 minutes.
  - 02 Heat garlic with cooking spray in a medium sauté pan over medium heat. Cook until soft, but not browned. Add onions, and continue to cook until the onions are soft, but not browned.
  - 03 Add spinach, and toss gently. Cook until the spinach is heated throughout. Season with pepper, and set aside to cool.
  - 04 When the spinach and onions are cool, assemble each sandwich with one slice of bread on the bottom, one tomato slice, ½ cup of spinach mixture, ¼ cup of cheese, and a second slice of bread on the top. (For picky eaters, see Healthy Eating Two Ways suggestion below.)
  - 05 Spray the preheated nonstick baking sheet with cooking spray. Place the sandwiches on the baking sheet. Bake for 10 minutes, or until the bottom of each sandwich is browned.
  - 06 Carefully flip sandwiches, and bake for an additional 5 minutes, or until both sides are browned. Serve immediately.
- ✓ For picky eaters, start with less spinach in the sandwich, and possibly serve the remaining amount on the side.