

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

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



Small Changes,
 BIG Difference!



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

SHOPPING LIST

Average total cost without oil and seasonings: \$12.26

Average cost/serving: \$3.06

Recipe makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

Ingredients



Add 1 to Cart
Whole Wheat Bread, 24
ounces



Add 1 to Cart
Cheddar Cheese, 10 slices



Add 1 to Cart
Sliced Peaches, 15 ounces



Add 1 to Cart
Fresh Spinach, 8 ounce bag

SAVE TIME, SAVE MONEY

My Cooking Notes

Ingredient Substitutions

- Try this recipe with other leafy greens, such as arugula or kale, and other cheeses.

Waste Less: Bread

- Sliced bread isn't only for sandwiches. Use them in these snapedny.org recipes too:
 - Grandma's stuffing
 - Fantastic French Toast
- Repurpose leftover stale bread by making croutons or breadcrumbs.
 - Cut into cubes (croutons) or grind down bread in a food processor (crumbs).
 - Bake in a single layer at 300°F for about 10 minutes.
 - Stir and bake until lightly toasted and dry.