



MUSHROOM, SPINACH, TOMATO GRILLED CHEESE

PREP TIME: 10 minutes

SERVING SIZE: 1 sandwich

COOK TIME: 10 minutes

SERVES: 1

INGREDIENTS

- 1/3 cup mushrooms, sliced
- 1-cup spinach
- Cooking Spray
- 2 slices bread, whole grain
- ¼ cup, tomato, sliced (or 1 medium tomato)
- 1-ounce reduced-fat cheese, cheddar or your choice, sliced

PREPARATION

1. Heat skillet over medium heat. Spray skillet with olive oil. Add mushrooms and spinach and cook until wilted. Remove from pan.
2. Wipe down pan and continue to heat skillet over medium heat. Spray one side of each slice of bread with cooking spray. Place one piece of bread down on the pan. Layer on the cheese, cooked mushrooms, spinach, and tomato slice. Let cook until the bread is toasted and cheese begins to melt.
3. Add another piece of bread on top with the sprayed side up. Carefully flip sandwich and cook for about 5 minutes, until toasted.
4. Enjoy

ADAPTED FROM

Mysouthernhealth.com

Recipe modified by CHOICES Nutrition Education Program

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Nutrition Facts

1 servings per container
Serving size 1 sandwich (194g)

Amount per serving

Calories 210

% Daily Value*

Total Fat 4.5g 6%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 490mg 21%

Total Carbohydrate 27g 10%

Dietary Fiber 2g 7%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 17g

Vitamin D 0mcg 0%

Calcium 228mg 20%

Iron 3mg 15%

Potassium 328mg 6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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SANDWICH DE QUESO ASADO CON ESPINACAS

TIEMPO DE PREPARACIÓN: 10 minutos

TAMAÑO DE PORCIÓN: 1 sandwich

TIEMPO PARA COCINAR: 10 minutos

PORCIONES: 1

INGREDIENTES

- 1/3 taza de champiñones
- 1 taza de espinacas
- Spray de aceite
- 2 rebanadas de pan, integral
- ¼ taza de tomate, rebanado (o 1 tomate mediano)
- 1 onza de queso cheddar, rebanado, bajo en grasa



PREPARACIÓN

1. Calentar la cazuela sobre fuego medio. Rociar un poco de aceite y agregar los champiñones y espinacas. Cocinar hasta que estén blandos. Remover del fuego y poner a un lado.
2. Limpiar la cazuela y continuar calentando sobre fuego mediano. Rociar cada lado de los panes. Colocar un pan en la cazuela y agregar el queso, champiñones, espinacas y rebanadas de jitomate. Cocinar hasta que el pan este tostado y el queso comience a derretirse.
3. Agregar la segunda pieza del pan arriba y cuidadosamente voltear el sándwich. Dejar calentar 5 minutos, o hasta que el pan este tostado.
4. ¡Disfrutar!

ADAPTADA DE

Mysouthernhealth.com

Receta modificada por CHOICES Programa Educativo de Nutrición

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PROGRAMA EDUCATIVO DE NUTRICION

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