



SPINACH & PEACH GRILLED CHEESE

COOK TIME: 20 minutes

SERVING SIZE: 1 sandwich

SERVES: 4

INGREDIENTS

- 8 slices whole grain bread
- 1 15-oz can of peaches, drained
- 8 slices low-fat cheddar cheese
- 8 cups baby spinach
- 4 teaspoons vegetable oil

PREPARATION

1. Heat 1 teaspoon of vegetable oil in a large non-stick skillet over medium heat.
2. Place 2 slices of bread on the skillet and cook one side until browned. At the same time, wilt 2 cups of spinach on the side of the pan and remove once wilted.
3. Flip slices of bread and layer one slice of cheese, wilted spinach, ½ cup of peaches, another slice of cheese and the remaining bread slice.
4. Allow each side of the sandwich to brown before removing from skillet. Repeat steps for the remaining sandwiches.



Nutrition Facts

4 servings per container
Serving size 1 sandwich

Amount per serving
Calories 340

% Daily Value*

Total Fat 11g 14%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 780mg 34%

Total Carbohydrate 38g 14%

Dietary Fiber 4g 14%

Total Sugars 13g

Includes 0g Added Sugars 0%

Protein 24g

Vitamin D 0mcg 0%

Calcium 398mg 30%

Iron 5mg 30%

Potassium 276mg 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.

SOURCE

whatscooking.fns.usda.gov

Recipe modified by CHOICES Nutrition Education Program



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SANDWICH TOSTADO DE QUESO CON ESPINACAS Y DURAZNOS

TIEMPO PARA COCINAR: 20 minutos

TAMAÑO DE PORCIÓN: 1 sándwich

PORCIONES: 4

INGREDIENTES

- 8 rebanadas de pan integral
- 1 lata de 15 oz de duraznos, escurridos
- 8 rebanadas de queso cheddar bajo en grasa
- 8 tazas de espinacas tiernas
- 4 cucharaditas de aceite vegetal



PREPARACIÓN

1. Caliente 1 cucharadita de aceite vegetal en una sartén grande antiadherente a fuego medio.
2. Coloque 2 rebanadas de pan en la sartén y cocine por un lado hasta que se doren. Al mismo tiempo, coloque 2 tazas de espinacas en un lado de la sartén y retire una vez que se hayan marchitado.
3. Voltee las rebanadas de pan y coloque una rebanada de queso, espinacas marchitas, ½ taza de duraznos, otra rebanada de queso y la otra rebanada de pan.
4. Deje que cada lado del sándwich se dore antes de retirarlo de la sartén. Repita los pasos para los sándwiches restantes.

FUENTE

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