



JERSEY TASTES! RECIPES

Grilled Cheese Spinach & Peaches

INGREDIENTS:

FAMILY-SIZE

SERVES: 4

PORTION SIZE: 1 EACH

- 8 slices Whole Grain Bread
- 1 15-oz can Peaches, drained
- 8 slices Low-Fat Cheddar Cheese
- 4 cups Spinach, fresh
- 4 teaspoons Vegetable Oil



Don't like the fuzz on a peach? Try a nectarine. A nectarine is a peach without the fuzz.

FAMILY-SIZE DIRECTIONS:

- 1 Heat vegetable oil in large fry pan over medium heat.
- 2 Place 4 slices of bread in pan.
- 3 Layer each bread slice with 1 slice of cheese, 1 cup of spinach, 4 to 6 peach slices & another slice of cheese. Top sandwich with remaining bread.
- 4 After 4 to 5 minutes, flip each sandwich & cook another 4 to 5 minutes.

SCHOOL FOOD SERVICE

PORTIONS: 20

PORTION SIZE: 1 EACH

- 40 slices Whole Grain Bread
- 3/4 each #10 can Peaches, drained
- 80 slices (1/2 oz. each) or 2.5 pounds Low-Fat American or Cheddar Cheese
- 5.5 pounds Spinach, fresh
- 2 ounces Margarine, melted

Portion Size: 1 each = 2 oz. Meat; 2 oz. Grains; 1/2 c Veg/Dk. Green; 1/4 c Fruit

FOOD SERVICE DIRECTIONS:

- 1 Brush sheet pan with 1 ounce of melted margarine.
- 2 Place 20 slices of bread on pan.
- 3 Layer each bread slice with 2 slices of cheese, 1 cup of spinach, 1/4 cup of peaches, 2 more slices of cheese. Top sandwich with remaining bread.
- 4 Brush tops of sandwiches with remaining melted margarine. Bake at 350°F for 10-15 minutes until golden.



Source: My Plate
U.S. Department of Agriculture

RECIPES MADE IN COLLABORATION WITH:

