

Fitness Aspects

For the Body & Mind

NUTRITION PER SERVING:

CALORIES	254
PROTEIN	17 G
CARBOHYDRATE	29 G
TOTAL FAT	8 G

PREP TIME:	15 MINUTES
COOK TIME:	15 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	1 SANDWICH

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