

Red, White, and Green Grilled Cheese



Ingredients:

- 1 teaspoon minced garlic
- 1 small onion, minced
- 2 cups frozen cut spinach, thawed and drained
- ¼ teaspoon ground black pepper
- 8 slices whole-wheat bread
- 1 medium tomato, rinsed and cut into four slices
- 1 cup shredded part-skim mozzarella cheese
- Nonstick cooking spray

Preparation:

1. Preheat oven to 400 F. Place a large baking sheet in the oven to preheat for about 10 minutes.
2. Coat a medium sauté pan with cooking spray and, over medium heat, cook garlic until soft. Add onions and continue to cook until the onions are soft.
3. Add spinach and toss gently. Cook until the spinach is heated through. Season with pepper and set aside to cool.

4. 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.
5. 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.
6. Carefully flip sandwiches and bake for an additional 5 minutes, or until both sides are browned.

Yields 4 (1 sandwich) servings

Nutritional Information Per Serving:

254 calories, 8 g total fat, 4 g saturated fat, 18 mg cholesterol, 468 mg sodium, 6 g fiber, 17 g protein, 29 g carbohydrate

Source: National Institutes of Health; National Heart, Lung and Blood Institute

Dining Smart Community is a program of UPMC Health Plan that supports healthy dining options in the workplace and the community.

Learn more at www.upmchealthplan.com/dscommunity.

