

Tuscan Grill Cheese Sandwich

A Tuscan Grill Cheese Sandwich with mozzarella cheese, fresh spinach and tomatoes makes a lunchtime favorite even better!

CACFP Home Childcare Crediting Information

1 sandwich provides ½ cup vegetable (¼ cup dark green vegetable, ¼ cup red/orange vegetable), 1 oz equivalent meat alternate, and 2 oz equivalent grains.



Preparation Time: 15 minutes

Cooking Time: 20 minutes

Makes: 6 servings

Ingredients

- 1 oz Margarine, trans fat-free
- ¼ tsp Garlic powder
- ¼ tsp Dried basil
- ¼ tsp Dried Oregano
- 12 slices Whole-grain bread, sliced
- 7 oz or 7-1 oz slices Low-fat mozzarella cheese
- 8 oz or ½ of a small bag Fresh baby spinach leaves, divided evenly into 6 servings
10 leaves each
- 12 oz or about 4 medium Fresh tomatoes,
¼" sliced evenly

Directions

- 1 Preheat oven:
Conventional oven: 400 °F
Convection oven: 350 °F
- 2 Melt margarine in a large saucepan.
- 3 Add garlic, basil, and oregano. Stir well.
Set aside for step 10.
- 4 To prevent sticking, evenly coat a baking sheet (18" x 13" x 1") with butter flavored pan release spray.
- 5 Place 12 bread slices on baking sheet.
- 6 Place (about 1 oz) cheese slice on top of each slice of bread.
- 7 Place ⅔ cup (about 10 leaves) spinach on top of cheese.
- 8 Place 2 slices of tomatoes ¼" each on top of spinach.
- 9 Place 1 slice of bread on top of each sandwich.
- 10 Brush the top of each sandwich with margarine mixture.
- 11 Bake until lightly browned:
Conventional oven: 400 °F for 15-20 minutes.
Convection oven: 350 °F for 10-15 minutes.
- 12 Critical Control Point:
Heat to 140 °F or higher for at least 15 seconds.
- 13 Critical Control Point:
Hold at 140 °F or higher until served.
- 14 Serve 1 sandwich.

Source:

CACFP Home Childcare 6-Serving Recipe Project

Nutrients Per Serving: Calories 281, Protein 16 g, Carbohydrates 30 g, Dietary Fiber 4 g, Total Sugars 5 g, Total Fat 11 g, Saturated Fat 5 g, Cholesterol 8 mg, Sodium 526 mg, Vitamin A 217 mcg RAE, Vitamin C 19 mg, Vitamin D 20 IU, Calcium 358 mg, Iron 3 mg, Potassium 244 mg

