

Grilled Cheese with Spinach

Per sandwich:

2 slices	whole wheat/ whole grain bread (other bread can be used)
1- 2 Tablespoons	extra virgin olive oil *
½ cup	spinach, chopped, frozen, defrosted or 2 cups baby spinach +
1 slice	cheese (American, Provolone, Swiss)

1. heat about half of the olive oil. Add the spinach and cook 3-5 minutes.
2. while the spinach is cooking, put the cheese on one half of the bread. When the spinach is cooked, place on top of the cheese and cover with the other slice of bread.
3. add the rest of the oil to the pan and let it heat a minute or so. It is important that you heat the oil. If the oil is not heated, the bread will stick. Place the sandwich in the heated pan and use a weight or a small pan filled with water to hold it down.
4. heat until the bottom slice of bread is browned (should be 2-3 minutes but the time will depend on how hot the pan is). You can check after about 1 minute by removing the pan with water and carefully lifting the bottom slice
5. Using a metal spatula or a fork, carefully turn the sandwich over and brown the other side.

+ you can use whatever vegetables you like. Other vegetables that would taste good are onions, peppers, summer squash and zucchini. You might need to use a fork and knife to eat it, if the vegetables are watery.

Approximate cost for the recipe: \$0.72