

GRILLED CHEESE WITH PEACHES

Prep Time: 3 minutes

Cook Time: 10 minutes

Makes: 4 servings

Ingredients

- 8 slices whole grain bread
- 1, 15-ounce can of sliced peaches (no added sugar), drained
- 8 slices low-fat cheddar cheese
- 8 ounces fresh spinach
- 4 tsp vegetable oil

Instructions

1. Heat vegetable oil in a large non-stick skillet over medium heat.
2. Place 4 slices of whole grain bread in the pan.
3. Layer (in this order) one slice of cheese, a handful of spinach, 4-6 peach slices, another slice of cheese, and a slice of bread on top of each original slice of bread.
4. Cook for 4-5 minutes, then flip and cook for an additional 4-5 minutes, until bread is evenly browned and cheese is melted.



Check out the full recipe at
<https://bit.ly/3GH3hzp>