INGREDIENTS:

FAMILY-SIZE
SERVES: 4
PORTION SIZE: 1 EACH
- 8 slices Whole Grain Bread
- 1 15-oz can Peaches, drained
- 8 slices Low-Fat Cheddar Cheese
- 4 cups Spinach, fresh
- 4 teaspoons Vegetable Oil

SCHOOL FOOD SERVICE
# PORTIONS: 20
PORTION SIZE: 1 EACH
- 40 slices Whole Grain Bread
- 3/4 each #10 can Peaches, drained
- 80 slices (1/2 oz. each) or 2.5 pounds Low-Fat American or Cheddar Cheese
- 5.5 pounds Spinach, fresh
- 2 ounces Margarine, melted

FOOD SERVICE DIRECTIONS:

1. Brush sheet pan with 1 ounce of melted margarine.
2. Place 20 slices of bread on pan.
3. Layer each bread slice with 2 slices of cheese, 1 cup of spinach, 1/4 cup of peaches, 2 more slices of cheese. Top sandwich with remaining bread.

FAMILY-SIZE DIRECTIONS:

1. Heat vegetable oil in large fry pan over medium heat.
2. Place 4 slices of bread in pan.
3. Layer each bread slice with 1 slice of cheese, 1 cup of spinach, 4 to 6 peach slices & another slice of cheese. Top sandwich with remaining bread.
4. After 4 to 5 minutes, flip each sandwich & cook another 4 to 5 minutes.

During the middle ages, the green pigment extracted from spinach was used as ink for artwork.