

# Sacks of Snacks



Offering a hand up, not a hand out  
April 12, 2024

Welcome to this week's *Sacks of Snacks*. This week, I am sharing recipes to add nutrition and flavor to your grilled cheese sandwich. I know many people enjoy grilled cheese. However, you may find a new favorite way to enjoy grilled cheese that takes you out of your comfort zone. Be sure to try these recipes, when vegetables are in season as they will taste even better. Happy National Grilled Cheese Sandwich Day! If you have questions or concerns, call 926-1189 or email [mparcell@purdue.edu](mailto:mparcell@purdue.edu).

Marcia Parcell, Health and Human Sciences Educator, Purdue Extension – Dearborn County



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Are you interested in learning more about feeding your family on a budget? Healthy living tips? Getting new family friendly recipes? Incentives and kitchen tools to make cooking more enjoyable? Purdue Extension-Dearborn County and the Indiana Nutrition Education Program (NEP) would like to help YOU learn about all these topics and more! Please contact Purdue Extension-Dearborn County at 926-1189 to schedule an appointment with Trenna Jossart, our Nutrition Education Program Advisor, so that you can learn more about healthier eating, healthier cooking, and healthier living!

## SUPREME GRILLED CHEESE

1 cup peppers, red, yellow or green (about 1 medium pepper)	1/8 teaspoon garlic powder
1/2 onion	1 cup spinach leaves
4 slices whole wheat bread	4 slices mozzarella cheese
2 tablespoons light mayo or salad dressing	

Wash hands with soap and water. To wash produce, gently rub produce under cold running water. Slice onion and pepper very thin. Lay out 4 slices of bread and spread with mayo. Sprinkle lightly with garlic powder. Add in layers: the spinach leaves, peppers, onions and slice of cheese. Heat skillet to medium low. Spray with non-stick spray. Lay sandwiches in pan. Cover with plate, lid or aluminum foil. Heat sandwiches until cheese melts (about 2-3 minutes) or until the bottom is golden brown. Serve warm.

Recipe from Ohio State University Extension (<https://extension.osu.edu/home>)

## APPLE GRILLED CHEESE

2 teaspoons butter	1/2 cup spinach
4 slices whole wheat bread	1 teaspoon honey
2 slices American or cheddar cheese	1 apple, cored and thinly sliced

Place a medium skillet over medium heat. Butter one side of each slice of bread. Place one slice of bread in skillet, buttered side down. Top with two slices of cheese and 3-4 pieces of spinach. Drizzle with honey. Place 2-3 apple slices on sandwich. Top sandwich with other slice of bread, butter side up. Cook for 2-3 minutes, or until golden brown and flip. Repeat for next sandwich or if your skillet is large enough, you can do two at a time.

Recipe from the Kentucky Nutrition Education Program (<https://www.planeatmove.com/>)



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