

March 2021 SNAP-Ed Newsletter and Recipe

Nutrition Education Program, NEP

**Featured Nutrition Information on Fruits and Vegetables Found on the Back of this Newsletter!*

Grilled Cheese with Peaches

"This grilled cheese packs an unexpected twist with the sweetness of canned peaches! Not only is this sandwich a quick and easy lunch, but also a fun way to add more fruit and veggies to your day."

Makes: 4 servings

Serving Size: 1 sandwich

Cook Time: 10 minutes

Preparation Time: 3 minutes

Ingredients

- ✓ 8 slices whole grain bread
- ✓ 1 15-oz can of peaches, drained
- ✓ 8 slices low-fat cheddar cheese
- ✓ 7 ½ cups spinach
- ✓ 4 teaspoons vegetable oil

Directions

1. Heat the 4 tsp of vegetable oil in a large non-stick pan 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 to 6 peach slices, another slice of cheese and a slice of bread on top of each original slice of bread.
4. After 4 to 5 minutes, flip each sandwich and cook another 4 to 5 minutes.



Notes and Ideas for Grilled Cheese with Peaches

- Utilize featured canned peaches found in the March food distribution box to make the **Grilled Cheese with Peaches** recipe!
- Try this recipe with other leafy greens, such as arugula, and other cheeses.
- Try this recipe by replacing peaches with other delicious fruit, such as apples or pears.
- For a complete list of nutrition information for the **Grilled Cheese with Peaches** recipe, please use the link provided at the bottom of this page.
- Check out www.myplate.gov for other great peach recipes, such as *Peach Sauce*, *Chicken Salad and Peach Sandwich*, *Grilled Fish Tacos with Peach Sauce*, *Peachy Peanut Butter Pita Pockets*, *Peachy Pops*, *Peach Cooler* and *Peach Crisp*.

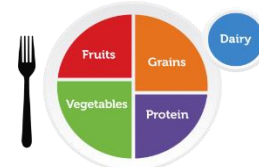
MyPlate Food Groups for Grilled Cheese with Peaches

Fruits: ½ cup

Vegetables: 2 cups

Grains: 2 ounces

Dairy: ¾ cup



Start Simple with MyPlate App!

- Build healthy eating habits one goal at a time! Download the *Start Simple with MyPlate* app today! To learn more, visit www.myplate.gov.
- Check out the back of this newsletter to learn why you should increase your daily fruit and vegetable intake!

Recipe Source and Nutrition Information for Grilled Cheese with Peaches:

<https://www.myplate.gov/recipes/myplate-cnpp/grilled-cheese-peaches>

Just Say Yes to...Fruits and Vegetables!

Reasons to Eat Fruits and Vegetables

- ✓ They taste great!
- ✓ Fruits and vegetables are full of vitamins and minerals.
- ✓ Most fruits and vegetables are fat free or low in fat.
- ✓ Fruits and vegetables help to prevent certain diseases.



All Forms of Fruits and Vegetables Count

Fresh: Fresh fruits and vegetables are best for flavor and nutrition when in season.

Canned: Canned fruits and vegetables have good nutrition and long shelf life when left unopened.

Dried: Dried fruits and vegetables are convenient and have a long shelf life.

Frozen: Frozen fruits and vegetables are convenient and have good nutrition because produce is frozen shortly after it is picked.

Colors of Good Health

Eat a variety of fruits and vegetables every day for good health. Every color does something different to keep our bodies strong. All of the colors together can help to lower your risk of some cancers, keep your heart healthy and maintain a healthy body weight.

Eat the Rainbow

Listed in the table below are examples of different colored fruits and vegetables. Aim to eat 5 cups per day (2 cups of fruit, 3 cups of vegetables) and 5 different colors of fruits and vegetables each day!

Blue/Purple	Green	White/Brown	Yellow/Orange	Red
<u>Fruits</u> Blackberries Blueberries Black Currents Dried Plums Elderberries Grapes (Purple) Raisins	<u>Fruits</u> Apples (Green) Avocados Grapes (Green) Kiwifruit Limes	<u>Fruits</u> Bananas Pears (Brown) Dates Nectarine (White) Peaches (White)	<u>Fruits</u> Apricots Cantaloupe Mangoes Nectarines Oranges Peaches Pineapples	<u>Fruits</u> Apples (Red) Cherries Cranberries Grapes (Red) Raspberries Strawberries Watermelon
<u>Vegetables</u> Black Olives Cabbage (Purple) Eggplant Peppers (Purple) Potatoes (Purple)	<u>Vegetables</u> Broccoli Brussels Sprouts Peppers (Green) Peas Spinach String Beans Zucchini	<u>Vegetables</u> Cauliflower Garlic Mushrooms Onions Parsnips Potatoes (White) Turnips	<u>Vegetables</u> Butternut Squash Carrots Pumpkin Sweet Corn Sweet Potatoes	<u>Vegetables</u> Beets Potatoes (Red) Radishes Rhubarb Peppers (Red)

Easy Ways to Eat More Fruits and Vegetables

Try adding fruit to your cereal, low-fat yogurt, oatmeal, waffles or pancakes, or have fruits as a snack.

Eat at least 2 vegetables with dinner and snack on raw veggies such as carrots, celery or cucumbers.

Make a fruit and vegetable smoothie with low-fat yogurt.

Provided information on **Just Say Yes to Fruits and Vegetables* is taken from the SNAP-Ed funded, New York State Department of Health's Just Say Yes Curriculum. For information on how you can participate in a SNAP-Ed class via telephone or online, please contact Gretchen Billy, SNAP-Ed Project Manager, at (724) 430-6428 or email gbilly@fccaa.org. This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through the PA Department of Human Services (DHS).