



# BOD BY TODD

## Fitness Coaching

*"Don't Be Average, Be Fit"*

### NUTRITION PER SERVING:

<b>CALORIES</b>	254
<b>PROTEIN</b>	17 G
<b>CARBOHYDRATE</b>	29 G
<b>TOTAL FAT</b>	8 G

<b>PREP TIME:</b>	15 MINUTES
<b>COOK TIME:</b>	15 MINUTES

<b>YIELD:</b>	4 SERVINGS
<b>SERVING SIZE:</b>	1 SANDWICH

- 1 TSP** GARLIC, MINCED (ABOUT ½ CLOVE)
- 1** SMALL ONION, MINCED (ABOUT ½ CUP)
- 2 C** FROZEN CUT SPINACH, THAWED AND DRAINED (OR SUBSTITUTE 2 BAGS (10 OZ EACH) FRESH LEAF SPINACH, RINSED)
- ¼ TSP** GROUND BLACK PEPPER
- 8** SLICES WHOLE-WHEAT BREAD
- 1** MEDIUM TOMATO, RINSED, CUT INTO 4 SLICES
- 1 C** SHREDDED PART-SKIM MOZZARELLA CHEESE

NONSTICK COOKING SPRAY



## RED WHITE AND GREEN GRILLED CHEESE

SO GOOD, YOUR CHILDREN MIGHT NOT EVEN NOTICE THE "GREEN STUFF"

- 01** Preheat oven to 400 °F. Place a large baking sheet in the oven to preheat for about 10 minutes.
  - 02** Heat garlic with cooking spray in a medium sauté pan over medium heat. Cook until soft, but not browned. Add onions, and continue to cook until the onions are soft, but not browned.
  - 03** Add spinach, and toss gently. Cook until the spinach is heated throughout. Season with pepper, and set aside to cool.
  - 04** When the spinach and onions are cool, assemble each sandwich with one slice of bread on the bottom, one tomato slice, ½ cup of spinach mixture, ¼ cup of cheese, and a second slice of bread on the top. (For picky eaters, see Healthy Eating Two Ways suggestion below.)
  - 05** Spray the preheated nonstick baking sheet with cooking spray. Place the sandwiches on the baking sheet. Bake for 10 minutes, or until the bottom of each sandwich is browned.
  - 06** Carefully flip sandwiches, and bake for an additional 5 minutes, or until both sides are browned. Serve immediately.
- ✓ For picky eaters, start with less spinach in the sandwich, and possibly serve the remaining amount on the side.