You've waited all year, and now it is back again – April: National Grilled Cheese Month. In this newsletter, we have included instructions for making this delectable sandwich and foods you can enjoy with this sandwich. Also included in this newsletter are nutritional breakdowns of various types of cheese.

If you have any questions or would like further information on food and nutrition, please don’t hesitate to contact me at 870-921-4744 or ttreadway@uaex.edu.

Sincerely,

Terrie Treadway
Terrie Treadway
County Extension Agent
Staff Chair

Grilled Cheese Sandwich Recipes

How to make the classic grilled cheese sandwich:

1. Place a slice of cheese (or cheeses) between two slices of bread.
2. Heat 1 tablespoon salted butter in a cast-iron or nonstick skillet over medium-low heat.
3. Press the sandwich slightly and place it in the skillet. Cook until golden on the bottom, 3 to 5 minutes.
4. Flip, adding more butter to the pan if needed, and cook until the other side is golden and the cheese melts, 3 to 5 more minutes.

*Instead of butter, you can use a butter-flavored non-stick cooking spray.

Variations:

Spicy Nacho Grilled Cheese: 2 slices white bread with 1 slice Monterey Jack or American cheese, some pickled jalapeño slices and 1 slice cheddar. Cook, flipping once, until golden.

Grilled Cheese Sticks: Make Classic Grilled Cheese. Cut off the crusts and cut the sandwich into strips.

Chocolate and Banana: Spread 1 slice bread with cheese spread; spread another with Chocolate spread. Sandwich with sliced bananas and cook, flipping once, until golden.
Italian: Sandwich 2 slices sourdough bread with 1 slice provolone, 1 slice mortadella or salame, some chopped pickled vegetables and another slice of provolone. Cook, flipping once, until golden.

Cheddar and Pickles: Replace the American cheese with aged white cheddar and add sliced pickles between the cheese.

Pizza Spread: 2 slices Italian bread with marinara sauce and sandwich with 1 slice provolone, 2 slices pepperoni and 1 slice mozzarella. Cook in a mixture of butter and olive oil.

Garlic Ham and Cheese: Prepare 2 thick slices frozen garlic bread as the label directs. Sandwich with 2 slices each Monterey Jack and ham. Cook, flipping once, until golden.

Swiss-Mushroom: Spread 2 slices rye bread with Thousand Island dressing. Sandwich with 1 slice Swiss cheese, some sautéed mushrooms and onions, and another slice of Swiss. Cook, flipping once, until golden.

Cajun Sandwich: 2 slices country white bread with 2 slices provolone. Cook in butter with a pinch of Cajun seasoning.

More intense Grilled Cheese Sandwiches:

Sourdough Sandwich
8 ounces fresh mozzarella cheese, sliced 1/4 cup minced fresh basil
2 medium tomatoes, sliced 8 slices sourdough bread
Salt and pepper to taste 2 tablespoons butter, softened

Directions
1. Layer the cheese, basil and tomatoes on four bread slices. Sprinkle tomatoes with salt and pepper. Top with remaining bread. Spread outsides of sandwiches with butter.
2. Cook in a preheated panini maker or indoor electric grill until bread is browned and cheese is melted.

Yield: 4 servings.

Nutritional Facts: 1 sandwich equals 411 calories, 19 g fat (12 g saturated fat), 60 mg cholesterol, 541 mg sodium, 40 g carbohydrate, 3 g fiber, 18 g protein.

Ricotta-Garlic
Mix 1 cup shredded mozzarella, 1/2 cup ricotta, 1/3 cup grated parmesan, 1 small grated garlic clove, and salt to taste. Sandwich 2 slices sourdough bread with one-quarter of the ricotta mixture and cook, flipping once, until golden. (Use the remaining ricotta mixture for more sandwiches.)
Fried Mozzarella
Whisk 1 egg and 2 tablespoons milk in a shallow dish. Mix 1/4 cup flour and 2 tablespoons grated parmesan in another dish. Sandwich 2 slices white bread with 2 slices fresh mozzarella. Dredge in the flour mixture, then dip in the beaten egg. Cook, flipping once, until golden.

Rosemary Roasted Chicken Grilled Cheese
2 tablespoons olive oil
2 large sweet onions, thinly sliced
3/4 teaspoon salt, divided
1 teaspoon minced fresh rosemary or 1/4 teaspoon dried rosemary, crushed
2 boneless skinless chicken breast halves (6 ounces each)
2 tablespoons lemon juice
1/4 teaspoon pepper
1/4 cup mayonnaise
1/3 cup finely chopped roasted sweet red peppers
8 slices sourdough bread
12 slices Swiss cheese
2 tablespoons butter, softened

Directions
1. In a large skillet, heat oil over medium heat. Add onions and 1/4 teaspoon salt; cook and stir 6-8 minutes or until softened. Reduce heat to medium-low; cook 30-40 minutes or until deep golden brown, stirring occasionally. Stir in rosemary.
2. Meanwhile, pound chicken with a meat mallet to 1/2-in. thickness. Drizzle with lemon juice; sprinkle with pepper and remaining salt. Grill, covered, over medium heat or broil 4 in. from heat 5-7 minutes on each side or until no longer pink. Cut into strips.
3. In a small bowl, mix mayonnaise and red peppers. Spread half of the mayonnaise mixture over four slices of bread. Layer with one slice cheese, chicken, onions and two slices of cheese. Spread remaining mayonnaise mixture over remaining bread; place over top. Spread outsides of sandwiches with butter.
4. Grill sandwiches, covered, over medium heat or broil 4 in. from heat 2-3 minutes on each side or until golden brown and cheese is melted. Yield: 4 servings.

**Nutritional Values:** 1 sandwich equals 675 calories, 36 g fat (12 g saturated fat), 97 mg cholesterol, 1189 mg sodium, 52 g carbohydrate, 3 g fiber, 35 g protein.


Now that you have your sandwich ideas, we’ve decided to include some salad and soup ideas to complete your meal.
Potato Soup
Makes: 6 Servings

Ingredients
1 cup onion (chopped) 1 tablespoon garlic (finely chopped)
1 tablespoon vegetable oil 1/4 pound chicken (thawed, cut up, and skin removed)
4 cups water
6 small red potatoes (chopped, or 1 can, about 15 ounces, low-sodium sliced potatoes)
1/4 cup white rice, or brown rice (uncooked)
1/2 teaspoon chili powder (or paprika)
1 cup peas (or 1/2 can, about 8 ounces, low-sodium green peas)
1/2 teaspoon cayenne or jalapeño chilies (diced, optional)
1/2 cup fresh parsley or cilantro (optional)

Directions
1. In a large pot, brown onion and garlic in oil over medium to high heat for 5 minutes.
2. Add chicken to pot and brown for about 5 minutes.
3. Add water, potatoes, rice, and chili powder to pot.
4. Bring pot to a boil, and cook for 15 minutes.
5. Lower heat and cook for about 15 to 20 minutes. Stir pot every 10 minutes.
6. Add peas and cook for about 8 minutes. If using cayenne or jalapeño chilies, add that too. Mix well.
7. Remove pot from heat. If using parsley or cilantro, add that now. 8. Mix well and cover for 5 minutes. Serve hot.

Cookbook: A Harvest of Recipes with USDA

Creamy Tomato Soup
Makes: 6 Servings

Ingredients
2 tablespoons vegetable oil 1/2 cup onion (chopped)
2 cloves garlic (chopped) 1 1/2 cups low-sodium chicken broth
1 1/2 cups water 3 cups low-sodium diced tomatoes (canned)
1/2 cup whole milk 1/2 teaspoon black pepper

Directions
1. Heat oil in a large pot over medium heat. Add onion and garlic and cook until soft, approx 3 minutes.
2. Add chicken broth, water, and tomatoes, bring to boil. Lower heat and cook uncovered for 25 minutes or until mixture begins to thicken.
3. Remove from heat. Blend in a blender until smooth, if you’d like. Soup can be smooth or chunky. Return to pot and heat over medium heat until soup is hot.
4. Stir in milk and black pepper.

Recipe adapted from food.com
### Deli-Style Swiss

**Serving Size** 1 serving (21 g)

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*Vitamin A 4% · Calcium 20%*

### Part Skim Ricotta Cheese

**D Grade** 100 Calories

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### Mozzarella (fat free)

**Serving Size** 1/4 cup (28 g)

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Vitamin A 4% · Vitamin C 0%
Calcium 19% · Iron 0%

### Deli Style Sliced Provolone Cheese

**Serving Size** 1 slice (19 g)

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Vitamin A 0% · Vitamin C 0%
Calcium 1% Iron 11%

### White Sharp Cheddar Cheese

110 Calories,

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Vitamin A 6% · Calcium 20% · (*Based on a 2000 calorie diet)*

### American Cheese Singles

**Per Serving**

- **Calories** 70, Calories from Fat - 41
- **Total Fat** 4.5g, Saturated Fat-3g, Polyunsaturated Fat 0g, Monounsaturated Fat-0g
- **Cholesterol** 15mg, **Sodium** 220mg, **Potassium** 0 mg, **Carbohydrates** 2g
- **Dietary Fiber** 0g, **Sugars** 1g, **Protein** 4g,

Vitamin A - 4%, Vitamin C - 0%, Calcium - 20%, Iron - 1% (Based on a 2000 calorie diet)
POTATO SALAD

4 Servings (about 1 ½ cup each)

Ingredients:
- 1 teaspoon vegetable oil
- ½ cup carrots, diced
- ½ teaspoon garlic powder
- 14 teaspoon dried oregano flakes
- 2 cups potatoes, peeled, diced
- ½ cup whole milk
- ½ cup onion, minced
- ½ cup celery, sliced
- 1/8 cup flour
- 3 cups chicken broth, reduced sodium
- ½ cup chicken, cooked, chopped
- 1 cup noodles, yolk-free, enriched, uncooked

Directions:
1. Heat oil over medium heat in large sauce pan. Add minced onion, carrots, celery, and garlic powder. Cook until onions are tender, about 3 to 5 minutes.
2. Sprinkle flour and oregano over vegetables; cook about 1 minute.
3. Stir in chicken broth and potatoes. Cover and cook until tender, about 20 minutes.
4. Add chicken, milk, and noodles. Cover and simmer until noodles are tender, about 10 minutes.

Recipe from: ChooseMyPlate.gov/recipes

Summer Vegetable Salad

Makes: 4 Servings

Ingredients
- 1 can low-sodium mixed vegetables (drained, about 15 ounces)
- 1/4 cup vegetable oil
- 1/4 cup white sugar
- 1/4 teaspoon salt
- 1/2 cup green peppers (chopped)
- 1/4 onion (chopped)
- 1 tablespoon water
- 1/2 cup white vinegar
- 1/4 teaspoon ground pepper

Directions
1. Mix canned vegetables, green peppers, and onion in a bowl.
2. Combine oil, water, sugar, vinegar, salt, and pepper in separate bowl.
3. Combine vegetables and liquid; mix all together.

Recipe provided by Delmonte.com

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