

Kale & Red Onion Grilled Cheese Sandwich



Portions: 6



Ingredients

- 🌱 1/3 cup Braised Kale, cold (recipe below)
- 🌱 1/3 cup Roasted Red Onions, sliced (recipe below)
- 🌱 1/3 cup Roasted Red Peppers, julienne (recipe below)
- 🌱 6 each Multigrain Sandwich Flats
- 🌱 3/4 cup part skim shredded Mozzarella Cheese
- 🌱 2 tablespoons shredded Parmesan Cheese

NUTRITION FACTS: | Sandwich

CALORIES	CARBS	PROTEIN	FAT	SAT. FAT	SODIUM	FIBER
230	36g	10g	5g	2g	460g	5g

Instructions

1. Spray a 350°F griddle with vegetable oil spray.
2. Place an opened sandwich flat on the griddle with the outer crust facing down.
3. Top each slice of the sandwich flat with 1 tablespoon shredded mozzarella cheese and 1/2 teaspoon shredded parmesan cheese.
4. On the griddle, combine 2 tablespoons cold kale, 1 tablespoon roasted red onions and 1 tablespoon julienne red peppers. Sauté until heated through. Minimum internal temperature should be 140°F.
5. Place kale mixture atop one slice on the sandwich flat. Place the remaining slice on top to close the sandwich.

Braised Kale

Ingredients

- 🌱 1 teaspoon Canola Olive Oil
- 🌱 2 cups Kale, julienne
- 🌱 3 tablespoons Water
- 🌱 3 tablespoons diced White Onions
- 🌱 1 1/2 teaspoons sliced Garlic
- 🌱 1/8 teaspoon Kosher Salt

Instructions

1. Heat oil in a large sauté pan over high heat. Add kale and cook for approximately 5 minutes.
2. Add remainder of ingredients. Mix well.
3. Cover and reduce heat to a simmer.
4. Continue cooking until kale is tender. Minimum internal temperature should be 140°F. Keep refrigerated until ready to use.

Roasted Red Onions in Lite Balsamic Vinaigrette

Ingredients

- 🌱 1 cup Red Onions, sliced thick
- 🌱 2 3/4 teaspoons low-fat Balsamic Vinaigrette

Instructions

1. Brush onions with vinaigrette until well coated. Arrange onions in a single layer on a sheet tray. Hold for 30 minutes. If excess liquid accumulates, drain and discard before cooking.
2. Preheat oven to 475°F. Place marinated, drained vegetables in a single layer on a lightly oiled sheet tray.
3. Place in oven. Cook for 10 to 20 minutes or until vegetables are just tender and lightly browned. Minimum internal temperature should be 140°F. Turn or stir vegetables only if needed to promote even cooking. Cooking process will continue as vegetables cool. Handle vegetables carefully during cooking so they do not break or tear.
4. Hold hot until ready to use.

Roasted Red Peppers

Ingredients

- 🌱 2/3 cups Red Pepper

Instructions

1. Coat sheet tray with vegetable oil spray. Place peppers on sheet tray in a single layer. Do not overcrowd.
2. Roast in a preheated 425°F oven for 5 to 7 minutes or until softened and light golden. Minimum internal temperature should be 140°F. Keep refrigerated until ready to use.

You Can Cook Healthy at Home

It's very easy – and best of all, you don't need to invest in new kitchen appliances and fancy gadgets! Here are a few techniques you can use to make delicious food that tastes great.

bake it

Place your item in a pan or dish. Put a rack inside your pan so any fat can drip off. You can spray lightly with olive oil. Make sure it is fully baked by checking the internal temperature.

braise it

Heat your pan with a small amount of oil. Sear the item on all sides, and then add a small amount of liquid (broth or water) to continue cooking it to the proper temperature.

broil it

Preheat your broiler and lightly coat the cooking rack with vegetable spray. Place your food on the rack and carefully monitor cooking, as foods burn quickly. Turn the food once during broiling.

grill it

Hit the great outdoors. Preheat your grill and grill rack. You may need to brush on vegetable oil if you aren't cooking meat that's been marinated. Place items on grill and flip them half way through the desired cooking time. Apply any wet sauces or bastes in the final minutes of cooking.

roast it

Season and marinate the main item. You can sear it over high heat if desired. Elevate it in a roasting pan so that hot air can reach all sides. Roast until the item reaches the desired internal temperature. Let the item rest before carving.

sauté it

An easy way to cook small or thin food. If you use a pan with a non – stick surface, you won't need to add any oil.

steam it

A great way to cook vegetables! Place vegetables in a basket over boiling water. They will retain their flavor and eliminate the need for salt.

stir fry it

Use a wok to quickly cook protein and veggies over high heat. Add a little oil to your wok and heat it up. Add your protein and the veggies.

