

GUMMYBERRY GRAPE GRILLED CHEESE

Research shows that eating a mostly plant-based diet with whole grains, vegetables, fruits and beans plays a big role in preventing cancer and contributing to a healthier life. Plant foods are high in the types of fiber, nutrients and natural compounds that may help to prevent cancer. Colorful grapes—green, red, purple—are a naturally sweet addition to a plant forward diet; they contain resveratrol and a variety of other plant compounds that have been studied for their possible role in reducing cancer risk. Adding grapes, including bright red, candy flavored Gummyberry grapes, to this easy grilled cheese sandwich is a fun, fresh and flavorful way to gets kids and adults excited about eating more plants!

Makes 4 Servings (1 sandwich)

Per serving: 290 calories, 11 g total fat (4.5 g saturated fat, 0 g trans fat), 20 mg cholesterol, 37 g carbohydrates, 15 g protein, 6 g dietary fiber, 450 mg sodium, 12 g sugar, 0 g added sugar.

INGREDIENTS

2 tsp. extra-virgin olive oil
1 small onion, cut into ½-inch dice (about 1 cup)
1 cup red grapes, cut into half or quarters
1/2 cup fresh basil leaves, roughly chopped
Pinch of kosher salt

Pinch of black pepper
Zest of half a lemon, optional
8 thin slices part-skim mozzarella cheese*
8 slices 100% whole-grain bread
Nonstick cooking spray

DIRECTIONS

1. Heat oil in large nonstick skillet over medium heat. Add onion and cook, stirring often, until softened, 5 minutes.
2. Reduce heat to medium low. Add grapes, basil and salt and pepper, to taste. Cook, stirring occasionally, until warmed through, 2 minutes. Add lemon zest, if using. Place grape mixture in bowl. Remove skillet from heat and carefully wipe clean with paper towels.
3. Top 4 bread slices with 1 slice cheese each. Top evenly with grape mixture, remaining 4 cheese slices and another slice of bread to make a sandwich.
4. Spray skillet generously with nonstick cooking spray. Heat skillet over medium heat. Add sandwiches to skillet, press down with spatula, and cook until bottoms are golden, about 3 minutes. Adjust heat to medium low if bread browns too quickly. Spray tops of bread with additional cooking spray. Carefully flip each sandwich, and cook until bottoms are golden and cheese is melted, 2 to 3 more minutes.
5. Slice, and let sandwiches cool down to warm before serving.

NOTES

Serve with a variety of colorful grapes on the side.

*May use reduced-fat Cheddar cheese (4 oz.) in place of part-skimmed mozzarella

