In usual Western New York fashion, our spring is off to a sputtering start. This time of year, grilled cheese is a favorite go-to. It’s ooey-gooey comfort. With spring’s inspiration on the mind, let’s kick it up with some veggies and fruit. We present, grilled cheese with peaches from MyPlate Kitchen:

**Makes:** 4 servings

**Ingredients**
- 8 slices whole grain bread
- 1 can of peaches, drained (15 oz)
- 8 slices of low-fat cheddar cheese
- 7.5 cups of spinach, washed and dried
- 4 teaspoons (tsp) vegetable oil

**Directions**
1. Heat 4 tsp oil in nonstick pan over medium heat.
2. Place 4 slices of whole grain bread in pan.
3. Layer one slice of cheese, handful spinach, 4-6 peach slices, another slice of cheese and other piece of bread.
4. After 4-5 minutes, flip each sandwich and cook another 4-5 minutes.

**Note:** Try other leafy greens or fruits, like apples, in this.

**Nutrition Facts:** Serving size: 1 sandwich; 376 Calories; 11g Total Fat; 4g Saturated Fat; 12mg Cholesterol; 719mg Sodium; 47g Total Carbohydrates; 8g Fiber; 17g Sugar (variable) 28g Protein; 468mg Calcium; 6mg iron; 1555 mg potassium

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Need extra food support?

2-1-1 can assist you with finding a local source for free food, including: food pantries, food boxes, and mobile pantries.

Erie, Cattaraugus, Chautauqua, and Niagara Counties can also visit: [http://www.FeedMoreWNY.org](http://www.FeedMoreWNY.org)
Physical Activity: Salad Bowl Sprint!

What you will need:
1. 1 hula hoop per 3 students ("salad bowl")
2. A variety of items to represent "salad ingredients" (scarves, small balls, beanbags, crumpled paper, etc.)

Activity:
1. Scatter the hoops throughout the activity area.
2. Divide students into groups of three at each hoop.
3. Divide items equally between all hoops.
4. Have students decide what vegetable each item represents for their "salad."
5. Students simultaneously begin collecting "ingredients" from other hoops; students can only take one "ingredient" at a time.
6. Items must be placed, not thrown, and students cannot guard their hoop.
7. After several minutes, stop play. Have groups announce their "salad ingredients." 
8. Redistribute items and begin play again.

Healthy Snack Recipes
Perfect for Parties and Celebrations!

Cream-filled Strawberries
Serving size: 3 strawberries
Servings per recipe: 6
Ingredients:
1. 16 strawberries
2. 1 cup fat-free milk
3. 1 oz. package sugar-free instant vanilla pudding mix
4. 2 cups reduced-fat whipped topping

Directions:
1. Remove stems from each strawberry.
2. Cut a deep X in the top of each berry. Spread berries apart.
3. In a bowl, whisk milk and pudding mix for 2 minutes.
4. Fold in whipped topping.
5. Spoon about 1 1/2 tablespoons of filling into each berry.
6. Chill until served.

Mediterranean Salad Skewers
Serving size: 3 skewers
Servings per recipe: 10
Ingredients:
1. 30 cherry tomatoes
2. 3 reduced-fat mozzarella cheese sticks
3. 2-3 cucumbers
4. Reduced-fat Greek salad dressing
5. 30 toothpicks

Directions:
1. Slice each cheese stick into 10 disk-shaped circle pieces.
2. Slice the cucumber into disks or chunks.
3. Skewer 1 cherry tomato, 1 cheese disk, and 1 cucumber piece onto each toothpick.
4. Serve with Greek dressing for dipping.

For more information:
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