



## 825704 - Roasted Veggie Grilled Cheese

Source: K12 Culinary

Number of Portions: 12

Size of Portion: each

### Components:

Meat/Alt: 2 oz

Grains: 2 oz

Fruit:

Vegetable:

Milk:

### Recipe Subgroups:

Whole Grain Rich

### Attributes:

Custom Blends

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
011283 ONIONS,CKD,BLD,DRND,WO/SALT..... 901119 PEPPERS, RED SWEET ROASTED.....	1 LB (AP) 9 ozs	Preheat oven to 400 degrees F. Rinse onion and bell pepper under running water. Slice onion and bell pepper into 1/2" strips. Place in medium size mixing bowl.
004053 OIL,OLIVE,SALAD OR COOKING..... 002069 VINEGAR,BALSAMIC.....	3 Tbsp 3 Tbsp	Drizzle olive oil and balsamic vinegar on peppers and onions. Gently toss to coat evenly. Place onion and bell pepper strips in a single layer on a sheet pan. Do not overlap vegetable pieces or they will steam. Roast vegetables 16-18 minutes or until beginning to brown and crisp on the edges. Onions should slightly caramelize. Note: Rotate pan halfway through cooking for more even cooking results. <b>CCP:</b> Heat to 135° F or higher.
051556 Cheese, Cheddar, Yellow, Red Fat, Shredd... 051558 Cheese, Mozzarella, Lite, Shredded.....	12 ozs 12 ozs	Combine cheeses in a small bowl and set aside for use in step D.  <b>CCP:</b> Hold at 41° F or lower.
826659 Food Release Spray, Butter, Butter Buds..... 825640 Bun, Loaf Bread, WG, Flowers 99817370..... 826521 Mustard, Dijon, Grey Poupon..... 011457 SPINACH,RAW.....	24 (1/2 sec spray) 24 slice, 1oz (CN=1G) 1/4 cup 5 ozs	Spray a sheet pan lightly with pan release. Lay the bottom slices of bread on prepared pan. Spread 1 tsp Dijon mustard on bread. Using a 2 oz spoodle, place 1 oz of cheese on top of each slice of bread. Top bread with ~5 spinach leaves and 1/4 c roasted pepper and onion mixture. Place another 1 oz of cheese on top of veggies. Top with remaining slice of bread. Spray tops of bread with butter spray. Bake at 375 F for 8-10 minutes or until bread is toasted and cheese is melted. Place sheet pan on top of sandwiches while baking for best results. <b>CCP:</b> Heat to 135° F or higher.  <b>CCP:</b> Hold at 135° F or higher.

\*Nutrients are based upon 1 Portion Size (each)

Calories	348 kcal	Cholesterol	*30* mg	Sugars	*6.0* g	Calcium	*100.58* mg	40.25%	Calories from Total Fat
Total Fat	15.57 g	Sodium	877 mg	Protein	20.93 g	Iron	*1.92* mg	17.13%	Calories from Saturated Fat
Saturated Fat	6.63 g	Carbohydrates	33.88 g	Vitamin A	*1437.8* IU	Water <sup>1</sup>	*39.76* g	*0.01%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	*4.67* g	Vitamin C	*12.1* mg	Ash <sup>1</sup>	*0.37* g	38.94%	Calories from Carbohydrates
								24.06%	Calories from Protein

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.