



Tuscan Grill Cheese Sandwich

A Tuscan Grill Cheese Sandwich with mozzarella cheese, fresh spinach and tomatoes makes a lunchtime favorite even better!

CACFP Adult Portion Crediting Information

1 sandwich provides ½ cup vegetable (⅛ cup additional vegetable, ¼ cup dark green vegetable, ⅛ cup red/orange vegetable), 2 oz equivalent meat alternate, and 2 oz equivalent grains.

| INGREDIENTS | 25 SERVINGS | | 50 SERVINGS | | DIRECTIONS Recommend to prepare and cook in batches of 25 servings |
|---------------------------|-------------|--------------|-------------|---------|---|
| | Weight | Measure | Weight | Measure | |
| | | | | | <ol style="list-style-type: none"> Preheat oven: Conventional oven: 400 °F. Convection oven: 350 °F. |
| Margarine, trans fat-free | 3 oz | ¼ cup 2 Tbsp | 6 oz | ¾ cup | <ol style="list-style-type: none"> Melt margarine in a medium stock pot. |
| Garlic powder | | 1 tsp | | 2 tsp | <ol style="list-style-type: none"> Add garlic, basil, and oregano. Stir well. Set aside for step 12. |
| Dried basil | | ½ tsp | | 1 tsp | |
| Dried oregano | | ½ tsp | | 1 tsp | |

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|---|-------------|---------|-------------|----------|--|
| | Weight | Measure | Weight | Measure | |
| Whole-grain bread, sliced | 3 lb 2 oz | 50 each | 6 lb 4 oz | 100 each | <p>4 Place bread slices on a sheet pan (18" x 26" x 1"). To prevent sticking, spray evenly with flavored pan release spray. For 25 servings, use 2 pans (20 slices on 1 pan and 5 slices on 1 pan). For 50 servings, use 3 pans (20 slices on 2 pans and 10 slices on 1 pan). Set aside for Step 8. Save remaining bread for Step 11.</p> |
| *Fresh baby spinach, leaves, coarsely chopped | 2 lb | 2 gal | 4 lb | 4 gal | |
| | | | | | <p>5 Spray chopped spinach lightly with olive oil pan release spray.</p> |
| | | | | | <p>6 Place spinach in a shallow steam table pan and place in hot oven for 3 minutes to allow spinach to wilt.</p> |
| | | | | | <p>7 Remove from oven and separate spinach into 25 (½ cup) servings. Set aside for Step 9.</p> |
| Low-fat mozzarella cheese, sliced | 3 lb 2 oz | 50 each | 6 lb 4 oz | 100 each | <p>8 Place 2 slices of cheese (about 2 oz) on top of each slice of bread.</p> |
| | | | | | <p>9 Place ½ cup (about 1 ¼ oz) wilted spinach on top of cheese.</p> |
| *Fresh tomatoes, ¼" sliced | 2 lb 8 oz | 25 each | 5 lb | 50 each | <p>10 Place tomato slice (about 1.6 oz) on top of spinach.</p> |



| INGREDIENTS | 25 SERVINGS | | 50 SERVINGS | | DIRECTIONS |
|-------------|-------------|---------|-------------|---------|---|
| | Weight | Measure | Weight | Measure | |
| | | | | | 11 Place 1 slice of bread on top of each sandwich. |
| | | | | | 12 Brush the top of each sandwich with margarine mixture. |
| | | | | | 13 Bake until lightly browned: Conventional oven: 400 °F for 15-20 minutes. Convection oven: 350 °F for 10-15 minutes. |
| | | | | | 14 Critical Control Point: Heat to 140 °F or higher for at least 15 seconds. |
| | | | | | 15 Critical Control Point: Hold for hot service at 140 °F or higher. |
| | | | | | 16 Serve 1 sandwich. |



NUTRITION INFORMATION

For 1 sandwich

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 342 |
| Total Fat | 16 g |
| Saturated Fat | 8 g |
| Cholesterol | 14 mg |
| Sodium | 571 mg |
| Total Carbohydrate | 28 g |
| Dietary Fiber | 6 g |
| Total Sugars | 5 g |
| Added Sugars included | N/A |
| Protein | 23 g |
| Vitamin A | 258 mcg RAE |
| Vitamin C | 17 mg |
| Vitamin D | 15 IU |
| Calcium | 503 mg |
| Iron | 3 mg |
| Potassium | 240 mg |
| N/A=no data available. | |

MARKETING GUIDE

| Food as Purchased for | 25 Servings | 50 Servings |
|------------------------------|--------------------|--------------------|
| Fresh Tomatoes | 2 lb 14 oz | 5 lb 12 oz |
| Fresh Spinach | 2 lb | 4 lb |

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service.

YIELD/VOLUME

| 25 Servings | 50 Servings |
|------------------------|----------------------|
| 10 ½ lbs/25 sandwiches | 21lbs/ 50 Sandwiches |

SOURCE:

CACFP Adult Portion Recipe Project

