

Nutrition News

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Arbor Management, Inc.

National Grilled Cheese Month

Grilled Cheese can be a quick simple easy meal. Made in the traditional way with all that butter and cheese is not the best choice, but there are ways to still enjoy a grilled cheese without all the guilt. There are a few things that can be done to make it healthier.

1. Find the right cheese: Choose a cheese with a stronger flavor, you will not need to use as much. Some options are extra-sharp cheddar or a blue cheese.
2. Flavor it up! Choose fun toppings, spinach, jalapeños, mashed beans, avocado, bacon, turkey, or tomatoes, just to name a few.
3. Choose better bread: Whole grains are the way to go. Look for a bread with the first ingredient of whole wheat flour.
4. Make it nice and crisp. Butter is typically what makes the sandwich nice and crisp, but you can also achieve this by using a panini press, using olive oil in your pan before grilling it, using a minimal amount of spray butter, or cooking spray.



What's in season?

Apricots, Artichokes, Asparagus, Broccoli, Butter Lettuce, Green Beans, Honeydew, Jackfruit, Limes, Mango, Morel Mushrooms, Oranges, Pineapple, Snow Peas, Spinach, Swiss Chard, Vidalia Onions

Leftover Safety

Saving leftovers to eat later is a great way to avoid overeating while also saving money and fighting food waste. Follow these steps to reduce your risk of food poisoning.

- ★ Storage-keep leftovers in a clean airtight container. Put large amounts of soups or stews in a shallow or smaller container to cool faster.
- ★ Refrigerate-Keep leftovers at 40°F or lower. Limit the time they sit out at room temperature within 2 hours.
- ★ Reheat-To reduce the risk of food poisoning, use a food thermometer to make sure food reaches to 165°F before you eat it.
- ★ Time to Toss?-Mold and odors are not a reliable way to determine if food has gone bad. Many leftovers will last three to four days in the refrigerator or 3-4 months in the freezer. Be sure to label and date your leftovers to keep track of when they are made. When in doubt, throw it out!

Chili Avocado Grilled Cheese

Ingredients:

- 1 Slice of Extra Sharp Cheddar Cheese
- 2 Slices of Whole Grain Bread
- 4 Thin Slices of Avocado
- 2 Thin Tomato Slices
- 2 Thin Onion Slices
- 1 teaspoon Chili Sauce, to taste
- 1 Slice of Pepper Jack
- As Needed Olive Oil Cooking Spray

Instructions:

1. On each sandwich, place ingredients in this order, bread slice, cheddar cheese, avocado, tomato and onion. Add chili sauce to taste. Top with pepper jack cheese, and then top with bread slice.
2. Heat a large skillet over medium heat. Spray skillet with olive oil cooking spray. Place sandwich in skillet and cook until bread is browned. Turn and cook until cheese has melted. Serve hot.

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