



INGREDIENTS

- 8 Slices French Bread (enriched or whole grain rich; at least 28 grams each)
- 2 Cups Mushrooms (chopped)
- 2 Cups Red Onions (thinly sliced)
- 1 Cup Bell Pepper (thinly sliced)
- 2 Tablespoons Olive Oil
- 1 Tablespoon Crushed Red Pepper (optional)
- Salt (to taste)
- 1½ Cups Shredded Cheese
- Ketchup (to serve)

DIRECTIONS

1. Preheat the oven to 375° and layer a large baking sheet with parchment.
2. In a cast iron pan, heat the oil.
3. Add the onions, bell pepper and mushrooms along with salt and crushed red pepper (if using) and saute them on medium heat until they are lightly caramelized.
4. Divide the vegetable filling evenly over the bread slices and then add an equal layer of cheese on top of each.
5. Place them on the prepared baking sheet and bake until the cheese melts, about 5 minutes per batch.
6. Remove from the oven, top with ketchup (if using) and serve.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Vegetable
-  Meat/Meat Alternate

MEAL TYPE

-  Snack

YIELD

8 Sandwiches

PORTION SIZES

- Toddler:** 1 Sandwich
- Preschool:** 1 Sandwich
- School Age:** 1½ Sandwiches
- Adult:** 1½ Sandwiches