



1,2,3 Apple Add-ins

a recipe from Georgia School Nutrition Program

MAKES: 1 Sandwich or 1 Quesadilla PREP TIME: 5 minutes CATEGORY: Lunch

Ingredients:

Sandwich

Or

Quesadilla

¼ Apple, fresh Georgia Grown,
thinly sliced

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2 slices Sandwich bread

2 small tortillas

2 Tbsp Peanut or seed butter

2Tbsp shredded cheese

Steps:

Sandwich

Or

Quesadilla

1. Spread peanut butter evenly over two slices of bread
2. Top each slice of bread with apple slices
3. Place slices of bread together to make a sandwich

1. Sprinkle ½ of the shredded cheese evenly over 1 tortilla
2. Add apple slices on top of shredded cheese and sprinkle remaining cheese on top of apple slices
3. Place 2nd tortilla on top and toast until cheese is melted