

# Cooking Corner Tips To Help You

## Simple, Straightforward And Seasonal Cooking Tips

(NAPSA)—Changing seasons spark new day-to-day routines and can inspire tasty meals.

Chef Claire Robinson, host of the Food Network's "5 Ingredient Fix," is a devotee of seasonal cuisine. "I'm a firm believer in enjoying the simple flavors of ingredients that are local and at the peak of freshness. For example, the foods of fall—from sweet potatoes and squash to apples and pomegranates—trend from earthy to sweet in flavor, and even better, they boast a variety of health benefits that make them a must for any meal."

Robinson recommends stocking healthy staples to make meal preparation easier. She specifically points to innovative bread products available at any grocery store, such as Sandwich Thins® rolls from Arnold® and Oroweat® Breads. "Sandwich Thins rolls are a great way to add an artisan twist to any sandwich. They've become a must-have in my kitchen because they're so versatile, and can even be used to thicken soups or create fun dessert paninis. At 100 calories each, they also help me watch what I'm eating, while providing the benefits of whole grains." Five flavors are available under the Arnold brand name in the East and the Oroweat brand name in the West, making it that much easier for Americans to develop new, fun meals every season.

The Sandwich Thins are an essential part of Robinson's tasty recipe for Orchard Grilled Cheese.

### Orchard Grilled Cheese

- 1 Arnold® or Oroweat® Honey Wheat Sandwich Thins® roll**
- 1 slice aged white Cheddar**



**This recipe for Orchard Grilled Cheese combines the rich flavors of cheddar cheese and pear.**

**cheese**

**1 Granny Smith apple, sliced**

**1 pear, sliced**

**½ tablespoon butter**

**Place three slices of apple on one side of the Sandwich Thins® roll. Top with cheese, three pear slices and, lastly, the other side of the Sandwich Thins® roll.**

**Place half the butter in a skillet over medium heat. Add sandwich to the pan and cook until light brown. Spread remaining butter on top of sandwich and flip to brown the other side, until cheese has completely melted.**

**Yield: 1 sandwich**

**BYOC—Be Your Own Chef Moment: Enhance the flavors by adding mustard. Go sweet with honey mustard or add zing with spicy brown mustard.**

For more cooking ideas and recipes, go to [www.SandwichThins.com](http://www.SandwichThins.com).