



Fresh Vegetable Panini

Prep: 15 minutes plus standing

Bake: 10 minutes • Serves: 4

- ½ teaspoon extra virgin olive oil
- 2 medium portobello mushroom caps, cut into ¼-inch-thick slices
- 8 slices 100% whole grain whole wheat bread
- Nonstick cooking spray
- 4 slices reduced fat provolone cheese
- 1 small red onion, thinly sliced (1 cup)
- 1 cup baby spinach, stems removed
- 1 jar (12 ounces) roasted red peppers, drained and sliced
- ¼ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper

1. In large nonstick skillet, heat oil over medium heat. Add mushrooms and cook 6 to 7 minutes or until tender, stirring occasionally.

2. Spray 1 side of 4 slices of bread with nonstick cooking spray. Place bread slices, sprayed side down, on work surface. Layer each slice of bread with 1 slice cheese, mushrooms, onion, spinach and red pepper. Sprinkle with salt and black pepper. Spray 1 side of remaining 4 bread slices with cooking spray, then place, sprayed side up, over fillings.

3. Preheat grill pan over medium heat. Cook sandwiches 3 to 4 minutes per side or until bread is golden brown and cheese melts, pressing down occasionally with large spatula. Cut sandwiches diagonally in half to serve.

Approximate nutritional values per serving:

252 Calories, 7g Fat (25% of total calories), 3g Saturated Fat (11% of total calories), 10mg Cholesterol, 517mg Sodium, 39g Carbohydrates, 8g Fiber, 13g Protein

Dietary Exchanges:

3 Carbohydrates; 2 Protein; 1 Fat