

# Turkey and Tomato Panini

<u>Code</u>
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<u>Nutrition Facts:</u>	
Yield	4
Serving size	1 Panini
Calories	314
Total Fat	8 g
Sugar	8 g
Fiber	37 g
Carbohydrate	22 g
Protein	10 g
Sodium	675 mg

## **Ingredients Needed:**

- 3 Tbsp reduced-fat mayonnaise
- 2 Tbsp nonfat plain yogurt
- 2 Tbsp shredded Parmesan cheese
- 2 Tbsp chopped fresh basil
- 1 tsp lemon juice
- Black pepper, to taste
- 8 ounces reduced-sodium deli turkey, thinly sliced
- 8 tomato slices
- 8 slices whole-wheat bread
- 2 teaspoons canola oil

## **Recipe Directions:**

- Combine mayonnaise, yogurt, Parmesan, basil, lemon juice and pepper in a small bowl. Spread about 2 teaspoons of the mixture on each slice of bread.
- Divide turkey and tomato slices among 4 slices of bread and top with the remaining bread.
- Heat 1 tsp canola oil in a large nonstick skillet over medium heat.
- Place Panini in the pan and weigh the Panini down with another pan on top of it. Cook the Panini until golden on one side then flip and repeat.

