

Southwestern Cheese Panini - ew

Rating: 4.9 stars

Lots of colorful vegetables and salsa make this cheesy panini prettier than any grilled cheese you've ever seen. The small amount of Cheddar cheese in this sandwich goes a long way because it is shredded and sharp. Serve with a mixed salad and you've got a delightful lunch or light supper. *Source: EatingWell Magazine, July/August 2007*



Ingredients:

- 4 ounces shredded sharp Cheddar cheese
- 1 cup shredded zucchini
- ½ cup cup shredded carrot
- ¼ cup finely chopped red onion
- ¼ cup prepared salsa
- 1 tablespoon chopped pickled jalapeño pepper, (optional)
- 8 slices whole-wheat bread
- 2 teaspoons canola oil

Directions:

Heat your Panini maker.

Combine Cheddar, zucchini, carrot, onion, salsa and jalapeno (if using) in a medium bowl. Divide among 4 slices of bread and top with the remaining bread.

Cook the panini until golden on both sides, about 2 minutes..

Nutrition Facts

Serving Size: 1 Sandwich

Per Serving:

331 calories; 13.6 g total fat; 5.3 g saturated fat; 30 mg cholesterol; 577 mg sodium. 181 mg potassium; 37.3 g carbohydrates; 5.1 g fiber; 6 g sugar; 15.9 g protein; 2737 IU vitamin a iu; 7 mg vitamin c; 12 mcg folate; 299 mg calcium; 2 mg iron; 10 mg magnesium; 4 g added sugar