



Portobello Panini

INGREDIENTS:

1 T	olive oil
4 large	portabella mushroom caps, sautéed or grilled, sliced
1 medium	red onion, sliced thinly, sautéed or grilled
To taste	salt and pepper
1	Large red pepper, roasted, thinly sliced
4 oz	shredded low-fat part skim Mozzarella cheese
8 slices	bread
2 T	olive oil

PREPARATION:

- Place mushroom caps and sliced onion in mixing bowl.
- Drizzle with olive oil and salt and pepper.
- Place on preheated grill, turning once-5 to 6 minutes.
- Brush one side of each bread slice with oil.
- Place the slices, oil side down, on clean work surface.
- Sprinkle with 2 T cheese on each of 4 slices, top with onion, red pepper, and sliced mushroom.
- Sprinkle with remaining 2 T cheese, then top each with remaining bread slices, oil side up.
- Place 2 sandwiches on the preheat Panini press and close lid.
- Cook until the bread is golden and cheese melted, 5 to 6 minutes.
- Transfer sandwiches to cutting board; cut in half.
- Repeat with last 2 sandwiches.
- Serve immediately.

4 servings

Calories per serving: 322

Fat grams per serving: 14

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