

Jalapeño Pepper-Chicken Panini

HANDS-ON TIME: 30 min

TOTAL TIME: 30 MIN; SERVES 4: 1 sandwich each

Ingredients:

- 2 8-oz boneless, skinless chicken breasts, trimmed, cut in half crosswise
- 1/2 cup reduced-fat whipped cream cheese
- 1/3 cup finely chopped pickled jalapeños
- 8 slices crusty whole-wheat bread
- 1 large tomato, cut into 8 slices

Instructions: *Serve with a green salad.*

1. Place chicken between 2 large pieces of plastic wrap. Pound with the smooth side of a meat mallet or heavy saucepan to an even 1/4 inch thickness. Sprinkle both sides with 1/4 tsp each salt and ground pepper.
2. Heat 1 Tbsp canola oil in a large skillet over medium-high heat. Add the chicken and cook until no longer pink in the middle, 3 to 4 minutes per side. Transfer to a plate.
3. Preheat a panini maker to high.
4. Combine cream cheese and jalapeños in a small bowl. Spread a generous 1 Tbsp of the mixture on each piece of bread. Divide the chicken and tomato among 4 of the pieces and top with the remaining bread. Lightly brush both sides of the sandwiches with 1 Tbsp canola oil. Cook 2 sandwiches at a time in the panini maker until crisp, 2 to 3 minutes.



CAL 407 | FAT 18G (SAT, 6G) | CHOLESTEROL 84MG | CARBS 27G | SUGARS 5G |
PROTEIN 33G | FIBER 4G | SODIUM 639MG | POTASSIUM 484MG