



# Garden Grilled Veggie Panini

Makes 4 servings

## Ingredients:

- 8 slices sourdough bread
- 1 small zucchini
- 1 small yellow squash
- 1 red bell pepper
- 4 slices Provolone cheese
- 8 fresh basil leaves
- 2 tablespoons fat-free mayonnaise

Directions: Remember to wash your hands.

1. Preheat grill for medium heat. Cut zucchini and squash lengthwise into 1/4 inch slices. Cut bell pepper into 1/2 inch strips. Place on a lightly oiled grill grate or vegetable basket, or use a 2-sided electric grill or grill pan. Cook for about 5 minutes, turning occasionally.
2. Remove veggies from grill. Top 4 bread slices with mayonnaise, grilled veggies, fresh basil leaves and cheese. Close with remaining bread, spray outside bread slices lightly with cooking spray and place on grill. Allow sandwiches to cook for about 3 minutes per side.
3. Remove and serve.

## Nutrition Facts

Serving Size 1 panini (396g)  
Servings Per Container 4

Amount Per Serving

**Calories** 860    **Calories from Fat** 130

% Daily Value\*

**Total Fat** 14g    **22%**

Saturated Fat 6g    **30%**

Trans Fat 0g

**Cholesterol** 20mg    **7%**

**Sodium** 1860mg    **78%**

**Total Carbohydrate** 149g    **50%**

Dietary Fiber 8g    **32%**

Sugars 16g

**Protein** 36g

Vitamin A 20%    •    Vitamin C 80%

Calcium 30%    •    Iron 60%

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