Walk Kansas
celebrate healthy living

Tex Mex Panini

Makes 4 servings

Ingredients:

1/3	cup olive oil
1	teaspoon ground cumin
4	slices crusty semolina or Italian bread
6	ounces thinly sliced Monterey Jack cheese
¾	cup roasted red peppers (from a jar, drained)
10	ounces fully cooked chicken breast
1	avocado, peeled, pitted, cut into ¼ inch thick slices
3	tablespoons chopped fresh cilantro
1	scallion, chopped

Nutrition Facts

Serving Size 1 panini (253g)
Servings Per Container 4

Amount Per Serving	
Calories 590	Calories from Fat 380
	% Daily Value*
Total Fat 44g	**68%**
Saturated Fat 12g	**60%**
Trans Fat 0g	
Cholesterol 90mg	**30%**
Sodium 790mg	**33%**
Total Carbohydrate 23g	**8%**
Dietary Fiber 6g	**24%**
Sugars 3g	
Protein 30g	

Vitamin A 15%	• Vitamin C 25%
Calcium 40%	• Iron 10%

Directions: Remember to wash your hands.

1. In a small bowl, combine oil and cumin and brush over one side of each bread slice.
2. Place 2 slices bread oiled side down on work surface. Top each with cheese, red peppers, chicken, avocado, cilantro and scallions.
3. Top with remaining bread slices, oiled-side up.
4. Grill sandwiches on a clam-shell grill or grill pan (pressing each side with spatula for about 10 seconds per side). Cook until cheese is melted and sandwiches are heated through, approximately 5-6 minutes.
5. Remove sandwiches from grill; cut them in half crosswise and serve.

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