



Roasted Turkey Panini

Makes 2 servings

Ingredients:

- 1 tablespoon reduced fat or non-fat cream cheese
- Italian seasoning blend, to taste
- 1 slice ciabatta, or firm Italian bread (sliced lengthwise, and in half again)
- 2 tablespoons whole cranberry sauce
- 4 ounces roasted turkey slices
- 3-4 thin slices red onion
- Ground black pepper, to taste

Directions: Remember to wash your hands.

1. Season the cream cheese with a few dashes of Italian seasoning and spread on one slice of the bread.
2. Spread the cranberry sauce on the other slice of bread.
3. Layer the roasted turkey slices and onion on top of the cream cheese. Sprinkle with black pepper.
4. Prepare a preheated grill or griddle (medium heat) with cooking spray.
5. Place your Panini on the press and grill for 3 to 5 minutes or until the bread is golden brown.
6. Serve with a side of fresh fruit salad, or a lettuce/vegetable salad in a Parmesan Cheese Basket.

Nutrition Facts	
Serving Size 1 sandwich (140g)	
Servings Per Container 2	
Amount Per Serving	
Calories 230	Calories from Fat 25
% Daily Values*	
Total Fat 2.5g	4%
Saturated Fat 1g	2%
Trans Fat 0g	
Cholesterol 25mg	5%
Sodium 750mg	31%
Total Carbohydrate 34g	11%
Dietary Fiber 2g	7%
Sugars 6g	
Protein 16g	
Vitamin A 0%	Vitamin C 2%
Calcium 4%	Iron 10%

*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	60g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	500g	375g
Dietary Fiber	25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

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