

RECIPE

Grilled Chicken Paninis

Start to Finish: 30 minutes Servings: 2

Ingredients:

- 2 (5-ounce) chicken breast halves
- ¼ cup lemon juice
- 2 tablespoons olive oil
- 1 garlic clove, minced
- 2 tablespoons parsley, chopped
- ¼ teaspoon salt
- Dash of black pepper
- 4 slices Italian bread (e.g., ciabatta)
- 1 medium tomato
- 3 ounces mozzarella, sliced
- ¼ cup baby spinach

Directions:

1. Combine chicken, lemon juice, olive oil, garlic, parsley, salt and pepper in a resealable plastic bag. Marinate for 2 hours to overnight.
2. Place chicken on grill or indoor grill pan coated with cooking spray. Grill over medium heat for 5-6 minutes on each side, or until cooked through. Remove chicken and reduce the grill to a low setting.
3. Create 2 sandwiches with the chicken breast, tomato, mozzarella and spinach. Place the sandwiches onto the grill. Place a flat weight over each sandwich, such as a plate with a canned food item on top of it. Grill for 2-3 minutes on each side or until the bread is toasted and the cheese melts.



Nutrition Information Per Serving:

480 Calories; 17.5 g Total Fat; 6 g Saturated Fat; 924 mg Sodium; 43 g Protein; 3 g Dietary Fiber; 37.5 g Carbohydrates