

RECIPE

Tomato, Mozzarella and Basil Ciabatta

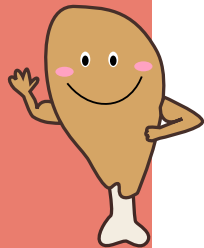
Start to Finish: 20 minutes Servings: 2

Ingredients:

Half of a ciabatta loaf, cut in half lengthwise and crosswise
4 teaspoons olive oil
1/2 medium tomato, sliced
2 ounces fresh mozzarella, sliced
10 basil leaves
1/8 teaspoon salt
Freshly ground pepper to taste
Cooking spray

Directions:

1. Drizzle the bottom halves of the bread slices with olive oil and then layer tomato, mozzarella and basil leaves on top. Season with salt and fresh ground pepper to taste. Top with the other halves to make two sandwiches.
2. Heat a nonstick skillet or indoor grill pan over medium-high heat. Coat lightly with cooking spray and then add the sandwiches. Place a flat weight over the sandwiches, 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:

411 Calories; 16.5 g Total Fat; 5 g Saturated Fat; 841 mg Sodium; 15.5 g Protein; 3.5 g Dietary Fiber; 50 g Carbohydrates