

THIS WEEK'S RECIPE

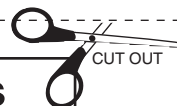
As seen on hdnews.net



Turkey Panini

- 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

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.
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 Value*
Total Fat 2.5g	4%
Saturated Fat 1g	5%
Cholesterol 25mg	9%
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 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

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

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

Location of Ingredients

(at Vine Street Dillon's)

ITEM AISLE

Reduced Fat Or Non-fat Cream Cheese Dairy

Italian Seasoning #11

Ciabatta or Firm Italian Bread Bakery

Whole Cranberry Sauce #5

Roasted Turkey Slices Meat Dept

Red Onion Produce

Ground Black Pepper #11



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