



## Southwestern Cheese Panini

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Lots of colorful vegetables and salsa make this cheesy panini prettier than any grilled cheese you've ever seen. The small amount of Cheddar cheese in this sandwich goes a long way because it is shredded and sharp. Serve with a mixed salad and you've got a delightful lunch or light supper. If you happen to have a panini maker, go ahead and skip Step 3 and grill the panini according to the manufacturer's directions.

### Ingredients:

- 4 ounces shredded sharp Cheddar cheese
- 1 cup shredded zucchini
- 1/2 cup shredded carrot
- 1/4 cup finely chopped red onion
- 1/4 cup prepared salsa
- 1 tablespoon chopped pickled jalapeño pepper, (optional)
- 8 slices whole-wheat bread
- 2 teaspoons canola oil

### Directions:

- Have four 15-ounce cans and a medium skillet (not nonstick) ready by the stove.
- Combine Cheddar, zucchini, carrot, onion, salsa and jalapeño (if using) in a medium bowl. Divide among 4 slices of bread and top with the remaining bread.
- Heat 1 teaspoon canola oil in a large nonstick skillet over medium heat. Place 2 panini in the pan. Place the medium skillet on top of the panini, then weigh it down with the cans. Cook the panini until golden on one side, about 2 minutes. Reduce the heat to medium-low, flip the panini, replace the top skillet and cans, and cook until the second side is golden, 1 to 3 minutes more. Repeat with another 1 teaspoon oil and the remaining panini.

**Yield:** 4 servings

**Nutritional Information:** 331 Calories; 14 g Fat; 5 g Sat; 2 g Mono; 30 mg Cholesterol; 37 g Carbohydrates; 16 g Protein; 5 g Fiber; 523 mg Sodium; 163 mg Potassium

Recipe Source: *EatingWell: July/August 2007*

Past recipes may be obtained by going to the [Heartland Health](http://www.heartland-health.com/) web page (<http://www.heartland-health.com/>, KQ2 recipes) or by clicking on the Heartland Health logo above.