



## Fresh Vegetable Panini

**Prep: 15 minutes**

**Bake: 10 minutes • Serves: 4**

- ½ teaspoon extra virgin olive oil
- 2 medium portobello mushroom caps, cut into ¼-inch-thick slices
- 8 slices 100% whole grain whole wheat bread
- Nonstick cooking spray
- 8 slices reduced fat provolone cheese
- 1 small red onion, thinly sliced (1 cup)
- 1 cup baby spinach, stems removed
- 1 jar (12 ounces) roasted red peppers, drained and sliced
- ½ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper

**1.** In large nonstick skillet, heat oil over medium heat. Add mushrooms and cook 6 to 7 minutes or until tender, stirring occasionally.

**2.** Spray 1 side of 4 slices of bread with nonstick cooking spray. Place bread slices, sprayed side down, on work surface. Layer each slice of bread with 1 slice cheese, mushrooms, onion, spinach and red pepper. Sprinkle with salt and black pepper and top each with 1 more slice of cheese. Spray 1 side of remaining 4 bread slices with cooking spray, then place, sprayed side up, over fillings.

**3.** Preheat grill pan over medium heat. Cook sandwiches 3 to 4 minutes per side or until bread is golden brown and cheese melts, pressing down occasionally with large spatula. Cut sandwiches diagonally in half to serve.

*Approximate nutritional values per serving:  
302 Calories, 10g Fat (5g Saturated),  
20mg Cholesterol, 727mg Sodium,  
39g Carbohydrates, 8g Fiber, 18g Protein*