Dinner, Mediterranean

Crispy Chicken and Tarragon Panini

Pressed sandwiches of crusty whole-wheat bread layered with sliced cooked chicken, fresh tarragon and melted reduced-fat Swiss cheese, warmed until golden.

10 min	200	15 g	2 g
time	calories	carbs	sugars



Nut free

Ingredients, 8 servings

- [ ] 4 tbsp light mayonnaise
- [ ] 8 slices (about 1 oz each) crusty whole-wheat bread
- [ ] 1/2 cup fresh tarragon
- [ ] 4 slices (6 oz total) reduced-fat Swiss cheese
- [ ] 16 oz cooked chicken breast (sliced)
- [ ] 1/4 tsp salt
- [ ] 1/4 tsp black pepper
- [ ] 1 spray, 0.25 gram olive oil spray

Method

- [ ] 1 Spread 1 tbsp of the light mayonnaise over each of 4 slices of the crusty whole-wheat bread.
- [ ] 2 Layer the fresh tarragon, reduced-fat Swiss cheese and sliced cooked chicken breast evenly over those 4 slices.
- [ ] 3 Sprinkle the salt and black pepper over each open sandwich, then close each one with a remaining slice of bread.
- [ ] 4 Coat a large nonstick skillet with the olive oil spray and set it over low heat.
- [ ] 5 Add the sandwiches, press each one down with a lid or a clean pan, and cook for 2 minutes.
- [ ] 6 Flip the sandwiches, press them down again, and cook for another 2 minutes.
- [ ] 7 A panini press can be used instead, cooking until the cheese is melted and the bread is golden.
- [ ] 8 Cut each panini in half and serve.

Nutrition Facts

Per serving

Calories	**200**
Total fat	5 g
Saturated fat	1.5 g
Sodium	330 mg
Total carbs	15 g
Fiber	2 g
Total sugars	2 g
Protein	24 g

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