

## Chicken & Mozzarella Panini

For a fantastic grilled treat, try a panini! This Italian-style grilled sandwich combines pre-cooked chicken (purchase a the deli-counter of your neighbourhood supermarket, you will need about 4 cooked chicken breast halves), shredded mozzarella, oregano-scented roasted peppers, and onions.



Prep Time: 10 Minutes.

Cooking Time: 18 Minutes.

Ready in approx: 28 Minutes. Serves 4

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2 tsp	extra-virgin olive oil	10 ml
1	medium red onion, thinly sliced	1
3 tbsp	reduced-sodium chicken broth or water	45 ml
2	large garlic cloves, minced	2
1/2 cup	jarred roasted red peppers, drained and cut into thin strips	120 ml
1/2 tsp	dried oregano	2.5 ml
1/2 tsp	kosher salt	2.5 ml

1/4 tsp	ground black pepper	1.5 ml
	nonstick cooking spray	
8	thin slices Italian or peasant bread	8
1-1/2 cups	shredded part-skim mozzarella, divided	360 ml
12 oz	cooked chicken breast halves, thinly sliced	336 g

## Directions

- 1 Warm the oil in a large heavy (cast iron is great) skillet over medium-high heat. Add the onion and broth or water and cook, stirring occasionally, until softened, about 8 minutes. Stir in the garlic, roasted peppers, oregano, salt and black pepper and cook for 1 minute longer. Transfer to a medium mixing bowl. Wipe out the skillet and spray with nonstick cooking spray.
- 2 Place 4 slices of the bread on a work surface and sprinkle each with 2 tablespoons of the cheese. Top with the chicken and cover with the roasted pepper mixture. Sprinkle with the remaining cheese and cover with the remaining slices of bread. With your hands, firmly press down on the sandwiches to compact them.
- 3 Set the same skillet over medium-high heat and place the sandwiches in the skillet. Place another heavy skillet (or place 1 or 2 cans in a regular skillet) on top

of the sandwiches to press them. Cook until browned, about 4 minutes, then turn with 2 spatulas. Cook until the bread is brown and the cheese melted, 3 to 4 minutes longer. Cut each panini in half and serve.

### **Information per serving:**

K-Count: 5

Calories: 413

Carbs: 41.4g

Proteins: 34.3g

Fats: 13.4g

*Recipe courtesy of Kinetix*