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Turkey and Tomato Panini

- 3 Tbsp mayonnaise, reduced-fat
- 2 Tbsp yogurt, fat-free plain
- 2 Tbsp cheese, shredded Parmesan
- 2 Tbsp basil, fresh, chopped
- 1 Tsp lemon juice
- Pepper, black ground, to taste
- 8 Slice(s) bread, 100% whole-wheat
- 8 Ounce(s) turkey, deli-style, low sodium, thinly sliced
- 8 Slices tomato
- 2 Tsp canola oil

- 1) Have four 15-ounce cans and a medium skillet (not nonstick) ready by the stove.
- 2) Combine mayonnaise, yogurt, Parmesan, basil, lemon juice and pepper in a small bowl. Spread about 2 teaspoons of the mixture on each slice of bread. Divide turkey and tomato slices among 4 slices of bread; top with the remaining bread.
- 3) 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.
- 4) 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.

Makes 4 Servings

