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Southwestern Cheese Panini

- 4 Ounces shredded sharp Cheddar cheese
- 1 Cup shredded zucchini
- ½ Cup shredded carrot
- ¼ Cup finely chopped red onion
- ¼ Cup prepared salsa
- 1 Tablespoon chopped pickled jalapeño pepper, (optional)
- 8 Slices whole-wheat bread
- 2 Teaspoons canola oil

- 1) Have four 15-ounce cans and a medium skillet (not nonstick) ready by the stove.
- 2) 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.
- 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. 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

