

Lunch | Dinner

Tangy Basil Pesto Panini

5 Mins
Prep Time

6 Mins
Cook Time

4
Servings

 **563** Calories **18g** Fat **54g** Carbs **48g** Protein



Ingredients

 **4 Servings**  **11 Mins Total Time**  **Allergens: Gluten, Dairy, Nuts**

$\frac{1}{2}$ Avocado, medium sized 

2 Tbsp [Old World Italian Pesto](#)

$\frac{1}{8}$ Tsp Salt

$\frac{1}{2}$ Tsp Lemon Juice

1 French Baguette, cut into 8 equal pieces

4 (1 oz) Slices Mozzarella Cheese, or $\frac{1}{2}$ Cup Shredded 

1 Jar (Small) Roasted Red Peppers, sliced (optional) 

2 Cups Shredded Chicken Breast 

Allergen Swap

Gluten Use gluten-free bread

Dairy Use a dairy-free cheese, such as vegan cheese

Nuts Use a nut-free pesto

Nourishment Note



Avocado

Avocados are both a fruit and a fat, and contain a variety of vitamins, minerals, and antioxidants to help keep your body working at its best.



Mozzarella Cheese

Mozzarella cheese provides the body with calcium, an important mineral for those with Crohn's disease or ulcerative colitis.



Chicken

Chicken is a lean source of protein and may provide your body with the building blocks it needs to build healthy cells.



Roasted Red Peppers

Red peppers provide folate, a nutrient that may help to grow new and healthy cells.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Prepare Pesto Spread

In a mixing bowl, mash together half of the avocado, the Old World Italian Pesto, salt, and lemon juice.

3. Prepare Sandwich

Gather 2 slices of the baguette and scoop 2 Tbsp of the above mixture onto one of the bread slices. Smear evenly. On the other half of bread without mixture, layer 1 slice of mozzarella cheese (or 2 Tbsp shredded cheese), ¼ cup of chicken, and 3-4 slices of the roasted red pepper.

4. Grill Sandwich

Place the pesto covered slice on the cheese covered slice, and using a panini press, press the sandwich until crust is golden brown in color, and cheese is melted.

5. Serve & Enjoy

Once the sandwich is melted throughout, carefully remove from the panini press, cut in half, and enjoy!
Note: This sandwich can be enjoyed by warming in the oven using the “Broiler” setting, a microwave oven, or it can be enjoyed cold.

6. Wash Hands

Wash hands with soap and water.

Recipe Created by Meijer Specialty Pharmacy
Registered Dietitians

What You'll Need



Measuring Spoons



Mixing Bowl



Spoon



Butter Knife



Panini Press or Microwave Oven (optional)

Remission Remix

- Add a leafy green to your sandwich, like arugula or spinach.