

Lunch | Dinner

Tangy Basil Pesto Panini





Ingredients

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

1/2 Avocado, medium sized 💔

- 2 Tbsp Old World Italian Pesto
- 1/8 Tsp Salt
- 1/2 Tsp Lemon Juice
- 1 French Baguette, cut into 8 equal pieces
- 4 (1 oz) Slices Mozzarella Cheese, or ½ Cup Shredded 🖤
- 1 Jar (Small) Roasted Red Peppers, sliced (optional)
- 2 Cups Shredded Chicken Breast 💔

Allergen Swap

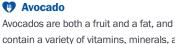
Gluten Use gluten-free bread

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

Nuts Use a nut-free pesto



Nourishment Note



contain a variety of vitamins, minerals, and antioxidants to help keep your body working at it's best.



Mozzarella Cheese

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



Ohicken

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.

For more resources, visit meijerspecialtypharmacy.com



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), ¹/₄ 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

e E	Measuring Spoons
	Mixing Bowl
Ŷ	Spoon
ß	Butter Knife
Þ	Panini Press or Microwave Oven (optional)

Remission Remix

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