



Grilled Chicken Panini with Zucchini, Tomato, and Mozzarella

Serves 2, Total time: 30 minutes

Ingredients

4 slices zucchini (1/4 inch thick)
1/4 tsp salt
1/4 tsp black pepper, or to taste
2 pieces grilled chicken cutlets, 2 oz each
4 oz shredded mozzarella cheese
4 thin slices tomato
2 tbsp chopped fresh basil
4 slices artisan bread
Non-stick spray

Directions

1. Season zucchini with salt and pepper. Heat a grill pan over medium-high heat.
2. Spray with oil and add the zucchini, grill on each side about 2 minutes each, until grill marks form. Set aside.
3. Spray one side of each slice of bread.
4. Heat a large non-stick skillet over medium-low heat. Place 2 slices of bread, oiled side down, on the skillet.
5. Top each piece of bread with 1 ounce of cheese, divide the zucchini on top, grilled chicken, tomato slices, and basil and the remaining cheese.
6. Top with remaining bread slice, oiled side up. Use a heavy pot or skillet to press it down and cook until the bottom piece of



Source: skinnytaste.com (sandwich)

bread is golden, about 4 to 5 minutes.

7. Use a spatula to carefully flip the sandwich over. Cook until the other slice of bread is golden, about 3 to 4 minutes.

Cut in half diagonally and serve with your favorite soup.



Tomato Soup (made with Ninja Foodi Blender)

Serves 2. Total time: 30 minutes

Ingredients

1 lb roasted whole tomatoes*
4 tbsp tub margarine
15 oz can crushed tomatoes
2 cups chicken broth
8 oz can tomato sauce
8 oz water
1 tsp dried basil
1 tsp garlic powder
1 tsp onion powder
1/2 tsp black pepper
1 tsp celery seed
1/2 cup 2% milk

Directions

- 1.*Quarter whole tomatoes, sprinkle with salt and pepper, and roast for 25 minutes at 450 degrees F.
- 2.Add roasted tomatoes and all the ingredients to the blender in the order listed. Secure the lid and select SMOOTH SOUP. The blender will shut off when the soup is done.



Source: Danielle Townsend, original (soup)