

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**

½ Avocado, medium sized

2 Tbsp [Old World Italian Pesto](#)

⅛ Tsp Salt

½ 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



#### 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 it's 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. Prepare Pesto Spread

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

### 2. 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.

### 3. 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.

### 4. 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.

Recipe Created by Meijer Registered Dietitians,  
Beth Eggleston and Emily Parsell

## 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.