

## Turkey Apple Panini

Makes 4 panini

- 1 medium apple sliced into thin wedges
- 1/4 c cider vinegar
- 2 T nonfat plain yogurt
- 1 T regular mayonnaise
- 1 t curry powder
- 8 slices whole wheat sandwich bread
- 2 cups fresh spinach
- 8 oz. sliced turkey or chicken breast



Place apple slices in a shallow wide bowl, toss with cider vinegar, and allow to soak for one minute. Combine yogurt, mayonnaise, and curry powder in a small bowl. Build the Panini by spreading a teaspoon of the yogurt mixture on each slice of bread. Next, layer 1/4 of the slices of apple on one of the pieces of bread, followed by 1/4 of the turkey, a 1/2 cup of spinach, and top with the other piece of bread. If cooking in a Panini press place sandwich in press for about 2 minutes. If cooking in a pan, place sandwich in the pan with a heavy pan on top, pressing down on the sandwich., on medium heat. Cook for 90 seconds then flip and cook for an additional minute.

Nutrition information per serving: 240 calories, 3.5g fat (0.5g saturated fat), 21g protein, 340mg sodium, 5g dietary fiber. Good source of: vitamin A and iron.

