

Summer Vegetable Panini with Fresh Pesto

Serving Size: 1 Sandwich

Serves: 4

Pesto Ingredients (makes about 3 cups)

2 cups fresh basil, finely
chopped

¼ cup toasted pine nuts, chopped

1 clove garlic, minced

Pinch of salt

¼ teaspoon freshly ground black pepper

1/3 cup extra virgin olive oil

½ cup grated Parmesan cheese

Panini Ingredients

2 tablespoons olive oil

1 small onion, sliced

1 medium eggplant, sliced crosswise

1 medium yellow squash, sliced crosswise

1 clove garlic, minced

2 medium tomatoes, sliced

Pinch of salt and pepper to taste

8 slices coarse bread of your choice

Directions

In a medium mixing bowl, combine the pesto ingredients and set aside to blend the flavors.

In a large skillet, heat 1 tablespoon of the olive oil over medium heat. Sauté the onion until soft. Add the eggplant and squash and sauté just until fork tender. Add the tomato, garlic, salt and pepper and sauté one minute more and remove from heat. Set aside.

Lightly brush one side of each bread with olive oil. Place the oiled side down on your working surface and assemble the paninis. For each sandwich, add 1 tablespoon pesto on each side of the bread, add the sautéed vegetables and close each sandwich. Toast in a panini grill for about 3 minutes or in a dry hot skillet for 3 minutes each side. Serve hot. Store left over pesto in a sealed container in the refrigerator for up to 1 week. This healthy, flavorful sauce would serve very well on linguini pasta for dinner the next evening.

Exchanges per serving:

2 Starches, 2 Vegetables, 2 Fats

Nutrients per serving:

Calories: 302

Calories from fat: 121

Total Fat: 13g

Cholesterol: 2mg

Sodium: 332mg

Total Carbohydrate: 37g

Dietary Fiber: 10g

Protein: 12g

Recipe submitted by Ms. Claudann Jones, MS, County Extension Agent for Family and Consumer Science, Texas A&M AgriLife Extension Service. Nutritional analysis done by Mr. Tim Scallon, MS RDN LD, for Memorial Cooking Innovations TV show.