

# Practical Panini

*Combine your favorite meat and cheese for a fancy sandwich!*



## Ingredients:

- 2 slices of whole wheat bread
- 2 slices of roast beef
- 1 slice of cheddar cheese
- Generous amount of spinach leaves
- Small squirt of mayo or mustard

## Directions:

1. Grab a plate and make the sandwich with the bread, meat, cheese, and spinach leaves (not sauce yet)
2. Go to panini maker and put the parchment paper over the sandwich
3. Put the sandwich in the panini maker for 90 seconds
4. Carefully put sandwich back onto plate (may be hot) and remove parchment paper
5. Add sauce on top of sandwich or put on the side for dipping
6. Enjoy!

*Per Serving:*

*Calories: 438*

*Protein: 24.8 g*

*Fat: 24.5 g*

*Carbohydrates: 29.8 g*

*Fiber: 5.5 g*

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