

Turkey Panini#2 or Grilled or Hot Turkey Sand#2 10

Number of Servings: 10 (185.51 g per serving)

Amount	Measure	Ingredient
15.00	oz	Turkey, fryer/roaster, breast, w/o skin, rstd
10.00	oz	Peppers, bell, red, sweet, fresh, sliced
10.00	oz	Squash, zucchini, w/skin, fresh, slices
5.00	oz	Spinach, fresh, leaf
5.00	oz	Cheese, Swiss, past, proc, slice
10.00	tsp	Dressing, Miracle Whip
2.00	tsp	Oil, olive, extra virgin
20.00	slc	Bread, whole grain, slice

Nutrients per serving

Nutrition Facts	
Serving Size (186g)	
Servings Per Container	
Amount Per Serving	
Calories 280	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 470mg	20%
Total Carbohydrate 27g	9%
Dietary Fiber 5g	20%
Sugars 6g	
Protein 24g	
Vitamin A 45%	• Vitamin C 80%
Calcium 20%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Instructions

Pour half of the olive oil (may use canola) in pan and saute peppers (diced or sliced) and zucchini (sliced or diced) until tender.

Place 1/2 oz cheese on one slice of bread and spread with 1 tsp. Miracle whip. Add 1 1/2 oz of turkey to each sandwich and top with 1/4 c sauted peppers and zucchini. Top off with spinach (1/4-1/3 c packed spinach leaves/sandwich) and remaining bread slice.

Brush both outsides of sandwich with remaining oil (1 tsp/sand). Grill on a Panini or regular grill (or wrap in foil individually and bake at 350 degrees for 20-30 minutes - sandwiches can be sent to satellite sites cold and baked there if time allows).

1 serving = 1 sandwich

1 sandwich = 2 CS

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.

Holding :

- Hold for hot service at an internal temperature of 135 F or higher.

Notes

Turkey meas above is after being cooked

1# = 16 oz