

## Eggplant Parm Panini

Makes 4 panini

8 1/2" thick eggplant slices cut as pictured  
1/4 c balsamic vinegar  
1/2 garlic powder  
8 slices whole wheat sandwich bread  
2/3 cup shredded mozzarella cheese  
2 T shredded parmesan cheese  
2 cups fresh spinach  
16 basil leaves



Place eggplant slices in a shallow wide bowl, toss with balsamic vinegar and garlic powder, allow to soak for one minute. Place the eggplant slices in the heated Panini press for about one minute. If not using a Panini press, cook the eggplant slices by placing on a flat griddle or in a pan with a weight on top (such as another heavy pan). Cook on both sides over medium to high heat for about 60 seconds per side.

Build the Panini by placing 1/4 of the mozzarella and 1/4 of the parmesan cheese on a piece of bread. Next, top the cheese with two slices of eggplant followed by a 1/2 cup of spinach and 4 basil leaves, 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 a minute seconds then flip and cook for an additional 45 seconds.

Nutrition information per Panini: 220 calories, 6g fat (3g saturated fat), 14g protein, 430mg sodium, 5g dietary fiber. Good source of: vitamin A, and iron, excellent source of calcium.

