



## **Steak & Cheddar Panini**

**496 Calories**

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### *Ingredient List*

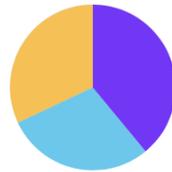
- 2 slices sprouted grain bread or whole-grain bread
- 5 oz lean sirloin or flank steak, thinly sliced
- ¼ cup mild pickled jalapenos or banana peppers
- 1 slice light cheddar cheese
- 1/4 tsp steak seasoning
- 2 tbsp light mayo
- ½ tbsp mustard
- ½ tsp honey
- Cooking spray

### *Cooking Instructions*

1. Lightly coat the steak with cooking spray then sprinkle with the steak seasoning. Mix until the seasoning is well incorporated.
2. In a bowl, mix the light mayo, mustard, and honey.
3. Preheat a pan to medium-high heat and add the steak to cook for 30-40 seconds on each side.
4. Remove from the pan and turn down the heat in the pan to medium-low.
5. Coat with cooking spray and add one slice of the bread.
6. Spread 1 tbsp of the sauce on the bottom slice and place the cooked steak and jalapenos on top.
7. Add the cheese followed by the other slice of bread. Spray the top slice with cooking spray.
8. Continue to toast the bottom slice until golden and crispy.
9. Flip the sandwich and mash it down as hard as possible with another pot or pan. Cook until the other side is golden and crispy. Serve and enjoy!

### **MACROS**

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● Fat	18g
● Carbs	35g
● Protein	47g