



## **Turkey Turkey Club Panini**

**404 Calories**

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### *Ingredient List*

- 2 slices sprouted grain bread or whole-grain bread
- 3 slices deli turkey
- 2 slices turkey bacon, cooked crispy
- 1 slice light cheddar or provolone cheese
- 2 -3 lettuce leaves
- 3 tomato slices
- 2 tbsp light mayo
- 1 tbsp Italian seasoning
- ½ tbsp vinegar
- 1/8 tsp olive oil
- Cooking spray

### *Cooking Instructions*

1. In a bowl, mix the light mayo, Italian seasoning, vinegar, and olive oil.
2. Coat the pan with cooking spray and preheat to medium heat. Add one slice of the bread.
3. Spread 1 tbsp of the sauce on the bottom and top with the turkey and cooked turkey bacon.
4. Add the lettuce and tomato followed by the cheese. Top with the other slice of bread. Spray the top slice with cooking spray.
5. Continue to toast the bottom slice until golden and crispy.
6. 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	12g
● Carbs	34g
● Protein	46g