

Egg White, Pepper Jack, Grilled Squash, Whole Grain Flatbread Panini

Serving Size: 1 sandwich

Makes: 4 servings

Ingredients:

as needed cooking spray
1 cup egg whites, whisked
1 medium zucchini squash
1 medium yellow squash
2 tsp canola oil
¼ cup balsamic vinegar
1 tbsp basil, minced
1 tsp ground black pepper
1 cup pepper jack cheese, shredded
1 each 12"x12" whole grain flatbread

Preparation:

1. Heat non-stick pan or griddle. Spray with cooking spray. Add egg whites to pan. Cook until temperature reaches 160°F. Hold hot.
2. Cut zucchini and squash in half, lengthwise.
3. Mix oil, vinegar, basil and pepper into medium sized bowl. Toss with zucchini and squash.
4. Grill vegetables on medium heat for 2 minutes on each side. Cool. Slice into half moon slices.
5. Combine cooked egg whites, zucchini, squash, and cheese in a medium bowl. Divide mixture into 4 equal portions.
6. Lay flatbread down and cut in four equal squares. On the lower half of each square, place 1 portion of egg/squash mixture. Fold top half of flatbread down on to ingredients.
7. Heat non-stick pan or griddle. Spray with cooking spray. Place folded sandwich on heated flat top. Sear until browned on both sides and cheese is melted.

NUTRITION FACTS PER SERVING

calories	280
total fat (g)	14
saturated fat (g)	5
trans fat (g)	0
sodium (mg)	410
total carbohydrate (g)	23
dietary fiber (g)	4
sugar (g)	6
protein (g)	16



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