

Elizabeth's Healthy Pick of the Week



Dietz & Watson Low Sodium Turkey Breast



Why it's Healthy:

Low in calories - 50 per serving	Contains 10 grams of protein
No artificial colors, flavors, fillers, extenders or MSG	Low in fat
Lower in sodium than regular turkey breast	Serving size: 2 ounces

This turkey breast loses the sodium (130mgs less than regular turkey breast) but keeps the incredible taste. It's still juicy and full of flavor, and makes a great sandwich. Try this healthy Panini and add tomatoes and lettuce to boost the fiber and antioxidant content.

Turkey & Tomato Panini



Ingredients **Yield: 4 servings** | **Active Time:** 25 minutes | **Total Time:** 25 minutes

3 tablespoons Hellman's reduced-fat mayonnaise	Freshly ground pepper, to taste
2 tablespoons Dannon nonfat plain yogurt	8 slices Arnold's whole-wheat bread
2 tablespoons Kraft shredded Parmesan cheese	8 ounces Dietz and Watson low sodium turkey breast
2 tablespoons chopped fresh basil	8 tomato slices
1 teaspoon lemon juice	2 teaspoons Smart Balance cooking oil

Preparation

1. If you have a Panini press, great! If you don't, have four, closed 15-ounce cans and a medium skillet (not nonstick) ready by the stove.
2. Combine mayonnaise, yogurt, Parmesan, basil, lemon juice and pepper in a small bowl. Spread about 2 teaspoons of the mixture on each slice of bread. Divide turkey and tomato slices among 4 slices of bread; top with the remaining bread.
3. Heat 1 teaspoon oil in a large nonstick skillet over medium heat. Place 2 Panini in the pan. Place the medium skillet on top of the Panini, then weight it down with the cans. Cook the Panini until golden on one side, about 2 minutes. Reduce the heat to medium-low, flip the Panini, replace the top skillet and cans, and cook until the second side is golden, 1 to 3 minutes more. Repeat with another 1 teaspoon oil and the remaining Panini.

Nutrition

Per serving: 286 Calories; 6 g Fat ; 27 mg Cholesterol; 36 g Carbohydrates; 10 g Protein; 5 g Fiber; 681 mg Sodium

From www.eatingwell.com

Recipe Provided by Elizabeth M. Madison, **Holiday Farms** In-Store Registered Dietitian.

Want more recipes or meal planning ideas? Contact Elizabeth at: emadisonrd@gmail.com or call 718-598-0617