



## Turkey & Tomato Panini

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

### INGREDIENTS:

|                                          |          |
|------------------------------------------|----------|
| Reduced Fat Mayonnaise                   | 3 tbsp   |
| Non Fat Plain Yogurt                     | 2 tbsp   |
| Shredded Parmesan Cheese                 | 2 tbsp   |
| Chopped Fresh Basil                      | 2 tbsp   |
| Lemon Juice                              | 1 tsp    |
| Pepper                                   | To taste |
| Whole-Wheat Breat                        | 8 slices |
| Thinly sliced reduced sodium deli turkey | 8 oz     |
| Tomato Slices                            | 8        |
| Canola Oil                               | 2 tsp    |

### INSTRUCTIONS

Have four 15-ounce cans and a medium skillet (not nonstick) ready by the stove. 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. Heat 1 teaspoon canola 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 weigh 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.

### Nutritional Information: Makes 4 servings

| <i>(per serving)</i> | <i>1 serving</i> |
|----------------------|------------------|
| Calories (k/cal)     | 279              |
| Fat (g)              | 9.7              |
| Carbohydrates (g)    | 26.9             |



## Quick & Healthy Turkey Chili

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

### INGREDIENTS:

|                            |           |
|----------------------------|-----------|
| Extra Virgin Olive Oil     | 1 1/2 tsp |
| Water                      | 2 cups    |
| Finely Chopped Small Onion | 1         |
| Minced Garlic              | 1 tbsp    |
| Ground Turkey              | 1 lb      |
| Ground Cumin               | 1/2 tsp   |
| Red Kidney Beans           | 1 cans    |
| Chili Powder               | 2 tbsp    |
| Crushed Tomatoes           | 1 can     |
| Salt and Pepper            | 1/2 tsp   |
| Paprika                    | 1/2 tsp   |
| Dried oregano              | 1/2 tsp   |
| Ground Cayenne Pepper      | 1/2 tsp   |

### INSTRUCTIONS

Heat the oil in a large pot over medium heat. Place turkey in the pot, and cook until evenly brown. Stir in onion, and cook until tender. Pour water into the pot. Mix in tomatoes, kidney beans, and garlic. Season chili powder, paprika, oregano, cayenne pepper, cumin, salt, and pepper. Bring to a boil. Reduce heat to low, cover, and simmer 30 minutes.

### Nutritional Information: Makes 48servings

| <i>(per serving)</i> | <i>1 serving</i> |
|----------------------|------------------|
| Calories (k/cal)     | 185              |
| Fat (g)              | 16.1             |
| Carbohydrates (g)    | 18.8             |