



# Jalapeño Popper-Chicken Panini

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Recipe Source: [www.eatingwell.com](http://www.eatingwell.com)

Servings: 2

## Ingredients:

- 2 (8 oz) boneless skinless chicken breasts, trimmed, cut in half crosswise
- ¼ tsp salt
- ¼ tsp ground black pepper
- 1 Tbsp canola oil
- ½ cup reduced-fat whipped cream cheese
- 5 Tbsp chopped pickled jalapeños
- 8 slices crusty whole-wheat bread, or other good quality whole-wheat sandwich bread
- 1 large tomato, cut into 8 slices

## Steps:

- Place chicken between 2 large pieces of plastic wrap. Pound with the smooth side of a meat mallet or heavy saucepan to an even ¼-inch thickness. Sprinkle both sides with salt and pepper.
- Heat 1 Tbsp oil in a large skillet over medium-high heat. Add the chicken and cook until no longer pink in the middle, 3 to 4 minutes per side. Transfer to a plate.
- Preheat a Panini maker to high.
- Combine cream cheese and jalapeños in a small bowl. Spread 1 Tbsp of the mixture on one side of each piece of bread. Divide the chicken and tomato among 4 of the pieces and top with the remaining bread.
- Cook 2 sandwiches at a time in the Panini maker until warmed through and bread is crisped, about 2-3 minutes.

*Tips from the Test Kitchen: Add raw spinach on top of the chicken is a great way to include more vegetables. If you don't prefer cooked tomato, sautéed red pepper slices are a delicious substitution.*

**Nutritional Facts:** Calories: 544, Carbohydrates: 55 grams, Protein: 42 grams, Total Fat: 17 grams, Saturated Fat: 4 grams, Cholesterol: 94 mg, Sodium: 1136 mg, Fiber: 8 grams, Total Sugars: 8 grams.