

VEGETARIAN PANINI

Ingredients:

- 1 large baguette
- 8 slices Swiss cheese
- 2 cups arugula leaves
- 2 medium tomatoes, sliced



Tip: this recipe is simple, yet delicious. To add more protein to the sandwich, include tuna salad (canned light tuna mixed with a little bit of mayonnaise).

Instructions:

- Cut the baguette in half and then across to make 8 sandwiches.
- Fill each baguette sandwich with a slice of Swiss cheese, fresh arugula leaves and a tomato slice.
- Bake or grill until crisp and the cheese had melted.

Serves 8

Definition

Panini comes from the Italian word, *pan*, which means bread.