

# Turkey and Provolone Panini Recipe - 5 Points + - LaaLoosh

<http://www.laaloosh.com/2011/03/21/turkey-and-provolone-panini-recipe/>

December 26, 2011



www.finecooking.com

photo credit: fine  
cooking

I have been having a serious love affair with my panini press this past weekend. After getting inspired by some deliciously fattening panini recipes I found at Fine Cooking.com, I spent a lot of time playing around with some ingredients and coming up with some lower calorie versions of yummy new WW Sandwich Recipes! My husband didn't mind the affair because he got to chow down on all my "experiments". One of my favorites was the Turkey and Provolone Panini with a Chipotle

Mayo Dressing. OMG, just thinking about that sandwich again right now has me getting all hot and bothered.... The key was keeping all the ingredients as light and low calorie as I could so that I could splurge a bit on the dressing, because really, who doesn't like mayo? I also used a bit of nonfat plain Greek yogurt in the dressing mix so that I could bulk up the amount that I used ( I LOVE a LOT of dressing) without cranking up the calories and fat like mayo does. The end result was this delicious, low calorie panini recipe that would make a great dinner or healthy hot lunch idea! Enjoy!

## **Turkey and Provolone Panini Recipe**

### **Ingredients:**

- 8 oz thinly sliced reduced-sodium deli turkey
- 8 slices light, whole-wheat bread
- 4 slices light provolone cheese
- 8 tomato slices
- 8 slices of roasted red peppers (drained and rinsed if you are using jarred and peeled if roasting your own)
- 2 tbsp reduced-fat mayonnaise
- 3 tbsp nonfat plain yogurt
- 1/2 tbsp ground chili chipotle seasoning
- 2 tbsp chopped fresh basil
- 1 tbsp freshly squeezed juice (about 1.5 limes)
- 1 tsp salt
- 1/2 tsp black pepper

**Directions:**

1. Combine mayonnaise, yogurt, chipotle seasoning, basil, lime juice, salt and pepper in a small bowl. Spread about 2 teaspoons of the mixture on each slice of bread. Divide cheese slices, turkey, red peppers and tomato slices evenly among 4 slices of bread; top with the remaining bread.
2. If using a Panini press, just heat it up and place your sandwich in the press and close. Cook until all the insides of the sandwich are hot and cheese is melted.
3. If you are not using a Panini press, just spray a large nonstick skillet with non fat cooking spray (I prefer Pam Butter Flavored for this) and set over medium heat. Place 2 paninis in the pan. Place another medium skillet on top of the paninis, then weight it down with some large/heavy canned goods. Cook the paninis until golden on one side, about 2 minutes. Reduce the heat to medium-low, flip the paninis, replace the top skillet and cans, and cook until the second side is golden, 1 to 3 minutes more. Re-spray the pan and repeat with the remaining paninis.

Entire recipe makes 4 servings

Serving size is 1 sandwich

Each serving = 5 Points +

**PER SERVING:** 223 calories; 6 g fat; 32 g carbohydrates; 10 g protein; 7 g fiber



**Like This Recipe? Please Share!**

**Never Miss A Recipe!**

This entry was posted by [LaaLoosh](#) on Monday, March 21st, 2011 at 3:04 pm and is filed under [5 Point](#), [American](#), [Dinner](#), [Healthy](#), [Low Calorie](#), [Main Dish](#), [Panini](#), [Snack](#), [Tomato](#), [Turkey](#).