Healthy Cooking Tips To Help You



Get Sizzlin' With Mushroom Panini



Sautéed mushrooms add flavor and nutrition to do-at-home panini.

(NAPSA)—Why bother with a so-so sandwich when you can love every bite? Italian panini are winning sandwich eaters' hearts, and no wonder. Inspired panini, such as this one made with fresh white mushrooms, are appetizing and irresistible

In restaurants and sandwich shops, they're usually pressed in an electric panini maker. If you own one, by all means use it. Otherwise, you can achieve that pressed effect by using an ordinary skillet and weighting the panini.

This healthy recipe delivers satisfying flavor and nutrition. In each bite, you'll taste toasted bread, boldly flavored pesto, golden sautéed mushrooms and melted mozzarella.

Visit www.mushroominfo.com for more great mushroom sandwich recipes.

MUSHROOM-MOZZARELLA PANINI

- 1 tablespoon olive oil. divided
- 8 ounces fresh white mushrooms, sliced (about 3 cups)
- 2 crusty rolls (each about 6 inches long)

- 3 tablespoons prepared pesto sauce
- 1 cup fresh spinach, arugula or lettuce leaves
- 4 ounces mozzarella cheese. thinly sliced
- 1 large roasted red pepper, cut in strips (about ½ cup packed)

In a medium skillet, heat half of the olive oil over medium-high heat. Add mushrooms; cook and stir until mushroom liquid has evaporated, about 5 minutes. Transfer mushrooms to a bowl to cool slightly; wipe out the skillet. Cut rolls horizontally in halves. Spread pesto over cut surfaces. On the bottom halves, layer the spinach, mozzarella, pepper and mushrooms, dividing equally; cover with the tops. In the same skillet, heat the remaining oil over medium heat. Place the sandwiches in the skillet: weight them with a heavy saucepan or skillet. Cook until browned, about 1 minute on each side. Cut rolls in halves.

YIELD: 2 servings