



Kale & Gruyère Panini

Ingredients *Serves 4*

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| 1 | tablespoon extra-virgin olive oil | ¼ | teaspoon salt |
| 1 | small onion, finely chopped | | Cooking spray |
| 3 | tablespoons balsamic vinegar | 8 | slices bread (¼ inch thick), whole grain |
| 1 | clove garlic, minced | 1 | cup shredded Gruyère cheese |
| 8 | cups chopped kale | 1 | medium tomato, cut into 8 thin slices |
| ¼ | cup water | | |

Preparation *Total Time: 45 minutes*

STEP 1: Heat oil in a large skillet over medium heat. Add onion and cook, stirring frequently, until golden brown, 5 to 7 minutes. Add vinegar and cook until almost evaporated, about 1 minute. Add garlic and cook, stirring, until fragrant, about 30 seconds. Add kale, water, and salt (the pan will be full). Stir, cover, and cook, stirring occasionally, until the kale is wilted and the water has evaporated, about 5 minutes. Remove from heat.

STEP 2: Preheat panini maker to high. Coat one side of each slice of bread with cooking spray. With the sprayed-side down, spread the kale mixture on 4 slices of bread (about ½ cup per sandwich). Top each with ¼ cup cheese and 2 slices tomato. Top with the remaining bread, sprayed-side up. Press in the panini maker until crispy, 3 to 5 minutes.

STEP 3: To make panini on the stovetop, heat 1 teaspoon oil in a large nonstick skillet over medium heat. Place 2 sandwiches in the pan. Place a medium skillet on top and add 4 15-ounce cans to weigh it down. Cook the sandwiches, turning once, until golden brown, 2 to 3 minutes per side. Repeat with the remaining sandwiches.

Nutrition *Per Serving*

362 Calories, Total Fat: 16 g, Saturated Fat: 6 g, Cholesterol: 30 mg, Carbohydrates: 37 g, Fiber: 7 g, Total Sugars: 8 g, Added Sugars: 0 g, Protein: 18 g, Sodium: 632 mg, Potassium: 600 mg, Folate: 52 mcg

Calcium: 477 mg