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## [Tuna, Artichoke and Manchego Panini](#)



[100% Whole Wheat](#)

We turn tuna salad into a Mediterranean treat by adding artichokes and kalamata olives, then pressing it between slices of hearty 100% Whole Wheat Bread.

**Total Time:**

23

MIN

**Number of Ingredients:**

8

**Servings:**

4

**Level:**

Medium

**Ingredients:**

8 slices Nature's Own 100% Whole Wheat Bread

1 jar (12 ounces) quartered marinated artichoke hearts

2 cans (6 ounces each) tuna, drained and flaked

1/2 cup reduced-fat mayonnaise

1/2 cup sliced kalamata olives

8 ounces Manchego cheese, shredded

3 plum tomatoes, sliced

olive oil

**Instructions:**

Strain artichokes, reserving 1 tablespoon of the marinade. Cut each artichoke quarter crosswise into halves.

Combine artichokes, tuna, mayonnaise, olives and reserved 1 tablespoon marinade in a medium bowl. Mix well.

Top each of 4 bread slices with 1/4 cup cheese. Top each with 1/4 of the tuna mixture.

Layer with tomato slices, the remaining cheese and bread slices, pressing sandwiches lightly.

Lightly brush outsides of sandwiches with oil.

Preheat panini grill according to manufacturer's instructions.

Grill sandwiches 3 minutes or until browned and cheese is melted.

**Cooks Notes:**

Skillet Cooking: Cook sandwiches in a 12-inch skillet over medium heat for 3 to 4 minutes or until bread is browned. Turn, press down with spatula, cover and cook 3 to 4 minutes until browned and cheese is melted.

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**Source URL:** <https://www.naturesownbread.com/recipe/tuna-artichoke-and-manchego-panini>