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## [Veggie Panini](#)



[Double Fiber Wheat\\*](#)

[100% Whole Wheat](#)

**Total Time:**

15

MIN

**Number of Ingredients:**

7

**Servings:**

1

**Level:**

Medium

**Ingredients:**

2 slices of Nature's Own Double Fiber or 100% Whole Wheat bread

4 (1/2-inch-thick) slices portobello mushroom (1/2 large mushroom)

1 tablespoon reduced-fat Italian salad dressing

3 (1/4-inch-thick) lengthwise slices zucchini (about 3 inches long)

1 (1/4-inch-thick) slice red onion

Salt

1 slice (1 ounce) Monterey Jack cheese

**Instructions:**

Place mushroom slices on small plate. Spoon salad dressing over mushroom slices. Let stand 5 minutes.

Meanwhile, preheat panini grill according to manufacturer's directions.

Grill mushroom slices 2 minutes. Remove to a clean plate.

While mushrooms are grilling, rub any remaining salad dressing over zucchini and onion. Season zucchini with salt.

Grill zucchini and onion 2 to 3 minutes or until crisp-tender. Remove and wipe grill if necessary with paper towel. Let panini grill return to temperature.

Top 1 bread slice with zucchini, mushroom, onion and cheese. Close sandwich.

Grill sandwich 2 minutes or until cheese melts. Cool slightly and cut into halves.

**Cooks Notes:**

If you don't have a panini grill, you can prepare this sandwich on a nonstick stove-top grill or in a skillet. You will have to turn the vegetables for even cooking. When you grill the sandwich, press it lightly with a spatula to compress the sandwich for a more panini-like look. Turn the sandwich, cover the pan and finish grilling.

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