



Fresh Chilean Blueberry, Apple, Gorgonzola Panini

INGREDIENTS

8 Italian bread slices
8 ounces Gorgonzola, crumbled
1/2 cup blueberries
1 Gala apples, thinly sliced
8 ounces thinly sliced ham
1 cup arugula
2 Tbsp. red pepper jelly
2 Tbsp. olive oil

INSTRUCTIONS

Layer 4 bread slices evenly with Gorgonzola, blueberries, apples, ham, and arugula. Spread 1 1/2 tsp. pepper jelly on 1 side of each of the remaining 4 bread slices; place bread slices, jelly sides down, on top of arugula. Brush sandwiches with olive oil. Cook sandwiches, in batches, in a preheated panini press or grill pan 2 to 3 minutes or until golden brown.



Thinly sliced smoked turkey may be substituted.

SERVES 4

NUTRIENTS PER SERVING

450 calories, 19 gms fat, 171 calories from fat, 9 gms saturated fat, 57 mg cholesterol, 1,507 mg sodium, 24 gms protein, 4 gms dietary fiber

Recipe from the Chilean Fresh Fruit Association



www.ChileanFruitOnline.com