



Toasted Chia Cheese Chicken Paninis

A little fruity, a little crunchy & a little cheesy! These tasty paninis make sandwich night special. Whether you have a panini machine, or just your favorite skillet, you can make these easy sandwiches. The secret to their great flavor is in the cheese...and of course the "special sauce". This recipe makes 2 sandwiches.

Ingredients

- 2 ciabatta rolls or thick slices of a hearty bread
- 2 thin-sliced pieces of pre-cooked chicken per roll
- thinly sliced sharp cheddar cheese (to cover chicken)
- 1/2 handful lettuce
- ½ cup of Greek yogurt
- ½ a small apple, grated into larger pieces
- ½ teaspoon dry MySeeds chia
- 1 teaspoon of premade "hot mango chutney"

*Ciabatta rolls vary in size, depending on where you buy them.

If you get very large rolls, each person can have half of a roll for their entire sandwich. The ingredients are set up with "enough to cover the roll", which of course, varies with the size of the available roll.

Cut the rolls or your bread of choice. Spray the top and bottom of the exterior of the bread with cooking oil spray. (so it won't stick to your panini maker or skillet & helps it brown)

On the bottom half of each roll, lay out the chicken or turkey slices and cover them with thin slices of the sharp cheddar cheese. Rip up the lettuce and place it on top of the cheese.

In a small cup, place the yogurt, apple shreds, chia seeds and stir in the mango chutney until everything is well coated/blended. Use half of the mixture on each sandwich. Spoon it on top of the lettuce and evenly spread it out. Place the "lids" on top of your sandwich and press down with your hand firmly (to ensure nothing squeezes out into your grill or panini maker).

Turn on your indoor grill, Panini maker or heat your favorite skillet and toast until browned. The crispy toast, fresh apple & cheese blend nicely with the bit of heat from the mango chutney.

Add your favorite chia side dish and your meal is ready to serve! Enjoy!

*Don't have your own recipe for hot mango chutney? You can buy it by the jar in most grocery stores. Brands such as Crosse & Blackwell are usually available.