

Grilled Peanut Butter–Banana–Chocolate Panini

Elvis should be smiling down on this sandwich. Nutella, a creamy chocolate and hazelnut spread, is a perfect replacement for the chocolate chips in this sandwich. Just spread the peanut butter on one piece of bread, Nutella on the other, and sandwich the banana slices between them before grilling.

If you have a panini press, use it for making this sandwich. If not, just press the sandwich down with a spatula. If possible, cut 1-inch slices from a hearty loaf of bakery-style white bread to use in this sandwich—the thicker bread will hold up better during cooking.

1 serving

Prep Time:
15 minutes or less

Total Time:
15 minutes or less

Nutritional Information Per Serving

| | |
|--------------------|--------|
| Calories | 710 |
| Total Fat | 34 g |
| Total Carbohydrate | 87 g |
| Dietary Fiber | 7 g |
| Sugars | 22 g |
| Protein | 19 g |
| Sodium | 590 mg |

This sandwich blends sweet and savory while providing calories and nutrients.

If bananas are unappealing, swirl raspberry jam or your favorite fruit spread into the peanut butter.

- 2 tablespoons all-natural or regular peanut butter**
- 2 tablespoons mini chocolate chips, 2 ounces finely chopped chocolate, or 2 tablespoons Nutella or other chocolate spread**
- 2 (1-inch thick) slices sturdy white bread, egg bread, or other sliced bread**
- ½ small ripe banana, thinly sliced**
- 1 teaspoon butter, softened**

1. In a bowl, combine the peanut butter and mini chocolate chips. Spread on one side of each piece of bread. Place banana on top of one slice of bread and top with the other slice, peanut butter side down. Spread the butter on the other sides of the bread. Place in a panini press or skillet over medium heat.
2. Cook until both sides are golden and the chocolate has melted, turning carefully and firmly pressing the top of the sandwich with a spatula if you are using a skillet.

Brie and Apple Grilled Cheese

Sometimes a slight twist, like a special bread or an unexpected cheese, makes an ordinary sandwich suddenly appealing. In this heated sandwich, Brie, a creamy, soft cheese, melts into a yummy puddle of comfort on raisin bread.

You can substitute Cheddar or another hard cheese for Brie if your doctor has advised you to avoid soft cheeses.

1 serving

Prep Time:

15 minutes or less

Total Time:

15 minutes or less

Nutritional Information

Per Serving

| | |
|--------------------|--------|
| Calories | 310 |
| Total Fat | 17 g |
| Total Carbohydrate | 30 g |
| Dietary Fiber | 2 g |
| Sugars | 9 g |
| Protein | 10 g |
| Sodium | 540 mg |

Don't like raisins? You can substitute cinnamon swirl or any soft bread for the raisin bread in this sandwich.

1½ ounces Brie cheese, white rind trimmed, or other cheese, at room temperature

2 slices raisin bread

2 to 3 thin slices peeled Granny Smith or other apple

1 teaspoon butter, softened

1. Spread the Brie on one side of each piece of bread. Place apple on top of one slice and top with the other slice, cheese side down. Spread the butter on the other sides of the bread.
2. Place in a skillet over medium heat. Cook until the bottom is golden and the cheese begins to melt. Carefully turn the sandwich and cook until golden and the cheese has melted completely.