
Salmon & Caper Melt Panini

Description

Chef's Note: This is a take on a classic sandwich, the tuna melt, with a healthy twist. Instead of using canned tuna, I've substituted baked fresh salmon, which is one of the healthiest fish you can eat due to its omega-3 content.

Total time: 40 min Yield: 4 servings

Ingredients

cooking spray
1 1/2 lb salmon fillet
2 tsp dill (divided)
1 tsp garlic salt (divided)
ground black pepper
1/3 cup fat free Greek yogurt
2 Tbsp mayonnaise
1/4 cup capers (rinsed & drained)
zest from one lemon
4 slices Swiss cheese (cut diagonally)
4 slices Sourdough bread

Prep Time: 20 min Cooking Time: 20 min Total Time: 40 min

Instructions

Preheat oven to 350 degrees. Coat a flat baking pan with cooking spray, place salmon on the pan and season with 1 tsp. dill, 1/2 tsp. garlic salt and black pepper to taste. Bake the salmon until well done, approximately 20 minutes. The flesh should be firm. Let cool until it can be handled comfortably, then crumble with your fingers into a medium bowl. Add the yogurt, mayonnaise, remaining dill and garlic salt, capers and lemon zest. Gently fold the mixture until thoroughly blended. Do not over stir.

To assemble sandwiches, put two triangle slices of cheese on a piece of bread and spread a 1/2" thick layer of salmon mixture on the cheese. Place two more triangles of cheese over the mixture and top with a slice of bread. (Placing the cheese this way will prevent the contents of the sandwich from falling out when cutting the sandwich in half.) To cook, first spray each side of the sandwich with cooking spray. Press in a heated panini press or in an oiled pan on medium heat. When the cheese is melted and the outside of the bread is toasted and crunchy, remove from heat.

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