

ZUCCHINI, MOZZARELLA & SUN-DRIED TOMATO PANINI WITH BASIL SAUCE

INGREDIENTS



2 tsp Italian Seasoning



2 Zucchini



4 Capello's Gluten Free Focaccia Bread



1 oz Basil



3 oz Sun-Dried Tomatoes in oil



2 tsp Garlic Powder



8 TBSP Follow Your Heart Mayonnaise



4 TBSP Follow Your Heart Sour Cheese



1 Cup Follow Your Heart Shredded Mozzarella

4 servings

- **Protein:** Zucchini, Mozzarella & Sun-dried Tomato Panini, 3.33 g protein per sandwich
- **Protein:** Crispy Yuca Fries, 1/6 recipe equals 3.17 g protein without sauce



Adapted from Hello Fresh

<https://www.hellofresh.com/recipes/zucchini-mozz-sun-dried-tomato-panini-5ee128214691fc476b4a9d30>

ITEMS NEEDED

- Baking sheet
- Medium bowl
- Large pan
- Small bowl
- Kosher salt
- Black pepper
- Vegetable oil (4 tsp)
- Olive oil (2 tsp)

PROTEIN PER SERVING

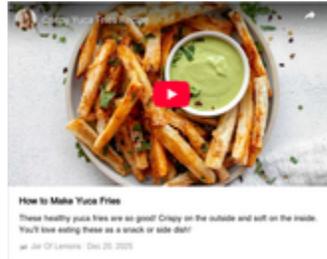
- Sandwich 3.3 g protein
- Yuca Fries (without sauce) 3.17 protein

THE MORE YOU KNOW

Want your panini extra-crispy? Putting some weight on the sandwiches in step 6—we suggest using a heavy-bottomed pan—will simulate the pressure of a panini press.

(Bonus: This also helps the veg and cheese layers meld.)

YUCA FRIES RECIPE



<https://www.jaroflemons.com/yuca-fries-recipe/>



3 MAKE BASIL SAUCE

- Meanwhile, in a small bowl, combine mayonnaise, sour cream, chopped basil, and remaining garlic powder. Season with salt and pepper.



1 PREP

- While yuca cooks, trim and cut zucchini into ¼-inch-thick rounds.
- Pick basil leaves from stems; finely chop leaves. Halve focaccia. Finely chop sun-dried tomatoes.



4 ASSEMBLE SANDWICHES

- Spread a layer of basil sauce onto cut sides of focaccia.
- Fill ciabatta with mozzarella, sun-dried tomatoes, and a few slices of zucchini (you may have some left over—feel free to serve on the side, if you like).



2 COOK ZUCCHINI

- Toss zucchini in a medium bowl with a drizzle of olive oil, half the garlic powder (you'll use the rest in the next step), remaining Italian Seasoning, salt, and pepper.
- Heat a drizzle of oil in a large pan over medium-high heat. Add zucchini in a single layer; cook until golden brown and just tender, 2-4 minutes per side. Turn off heat; transfer to a plate. Wipe out pan.
- Toss with a large drizzle of olive oil.



5 FINISH & SERVE

- Heat a drizzle of oil in pan used for zucchini over medium heat. Once hot, add sandwiches; press down with a spatula or heavy-bottomed pan. Cook, pressing occasionally, until bread is toasted and cheese melts, 2-4 minutes per side. Transfer to a cutting board. Once cool enough to handle, halve on a diagonal.
- TIP: If pan seems dry when flipping the sandwiches, add another drizzle of oil or ½ TBSP butter. Lower heat if bread begins to brown too quickly.