

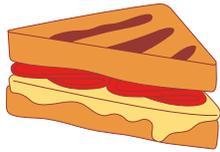


JERSEY TASTES! RECIPES

Apple & Ham Panini

INGREDIENTS

FAMILY-SIZE SERVES 4



- 8 ciabatta bread slices or any type of your favorite bread
- 4 teaspoons mayonnaise
- Freshly ground pepper
- 4 (1-oz.) cheddar cheese slices or any type of your favorite cheese
- 4 ounces thinly sliced country ham, or Serrano ham
- 2 medium apples (about 3/4 lb.), unpeeled and sliced
- 4 teaspoons honey (optional)
- Non-stick cooking spray

SCHOOL FOOD SERVICE # PORTIONS: 24

- 48 Ciabatta or Texas toast bread slices (1 oz. each) or any firm bread
- 1/2 cup mayonnaise
- Black pepper; To taste
- 1.5 lbs. Cheddar Cheese, Fontina, Provolone, or Mozzarella
- 2.25 lbs. of thinly sliced ham or turkey ham
- 12 each medium size apples
- 1/3 cup honey (optional)
- Non-stick cooking spray

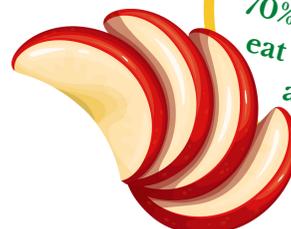
Great Lunch Entrée!

DIRECTIONS

- 01** Spread half of bread slices w/ 1 teaspoon mustard. Sprinkle black pepper on bread slices.
- 02** Layer bread slices w/cheese, ham, apple slices and drizzle w/ optional honey (Food Service: 1 oz. cheese, 1.5 oz. ham, & 1/2 peach).
- 03** Top w/ remaining bread slices & press together gently. Spray sandwiches w/ cooking spray.
- 04** Cook sandwiches in a preheated Panini press, grill pan, tilting skillet or 350°F oven. If not using a Panini press, cook sandwiches for 3 minutes on each side. Sandwiches should be golden brown w/cheese melted. Serve hot. (For Food Service garnish w/ 1/2 of a peach, sliced.)

PORTION SIZE:

1 Sandwich w/Apples=
2oz. Meat/Meat Alternate;
2 Grain Equiv.; 1/2 cup Fruit



Fun Fact:
A study from Cornell University found that kids are 70% more likely to eat apples if they are sliced.