

George Foreman

Great Tasting Healthier Food In Minutes

Wholegrain toasted panini with feta, balsamic red onions & sweet red pepper strips



ideal for vegetarians



quick & easy snacks



serves 1 person



6 MINS
cooking time



great for kids

"perfect for vegetarians!"

You will need:

- 2 thick slices of wholegrain or wholewheat bread
- 50g reduced fat feta cheese
- 1/2 red onion cut into thin strips
- 2 tbsp balsamic vinegar
- 1/2 red pepper cut into strips
- 1 tsp black pepper

To make:

Combine the red onion strips with the red pepper, balsamic vinegar & black pepper. Place on a pre heated grill for 1–2 minutes until softened. Remove & set aside.

Wipe the grill to clean any residue. Cover one slice of bread with the warm balsamic pepper & onion strips and scatter with feta cheese. Place the other slice of bread on top and grill for around 2–3 minutes until heated through. Serve with a watercress & tomato salad.