

Lite Buffalo Chicken Panini

- 1 package TJ's Pulled Chicken in BBQ Sauce
- ¼ cup TJ's Low Fat Mayonnaise
- 2 tbsp TJ's Light Sour Cream
- ¼ cup TJ's Crumbled Blue Cheese
- 1 TJ's Green Onion (white and light green parts), finely chopped
- 1 stalk TJ's Organic Celery Hearts, trimmed and thinly chopped
- 1 pinch (each) TJ's Sea Salt and Black Pepper, freshly ground, to taste
- 3 TJ's Panini rolls
- TJ's Butter

Heat a heavy skillet over medium heat. In a bowl, mix together the mayonnaise, sour cream, blue cheese, celery and green onions. Season the mixture with salt and pepper. Slice the rolls in half and butter each slice on the outside. Spread blue cheese dressing on the inside of each roll. Pile the chicken on the bottom half of the roll and cover with the top half. Place in the hot skillet and press down with a heavy spatula or small heavy pan for about 2 minutes. Flip and press down for an additional 2 to 3 minutes. Serve and – Enjoy!

Serves: 3-4

Cooking Time: 15 minutes

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