

# cheesy Apple tart

Makes 5 servings

## INGREDIENTS

5 pieces panini bread  
5 reduced fat Cheddar cheese slices (1/2 oz. slices)  
1 pt. + 1/2 cup canned sliced apples, water pack  
2 1/2 tsp ground cinnamon  
5 Tbsp + 1 tsp brown sugar  
1 1/4 cups vanilla yogurt, low-fat  
2 Tbsp + 2 tsp powdered sugar

Note: Put frosting in squeeze bottle for easier and more uniform drizzle.

## INSTRUCTIONS

1. Lay panini bread on sheet pan. Place one 1/2 oz. cheese slice on panini.
2. Drain apples and toss with brown sugar and cinnamon.
3. Top panini with 1/2 cup seasoned apple slices.
4. Place in 350°F oven for 10-15 minutes until apples are caramelized and cheese is melted. Remove from oven and let cool for a few minutes.
5. Meanwhile, combine yogurt and sugar. Drizzle 1 oz. yogurt frosting over top of slightly cooled panini.
6. Hold at 135° F. or warmer until ready to serve.

## NUTRITIONAL FACTS: PER SERVING

Calories: 287	Calcium: 180 mg
Total Fat: 5.6 g	Protein: 8 g
Saturated Fat: 3 g	Carbohydrates: 51 g
Cholesterol: 11 mg	Dietary Fiber: 4 g
Sodium: 234 mg	Vitamin A: 404 IU
Iron: 0.17 mg	Vitamin C: 0 mg

