

# Greek Yogurt Chicken Alfredo Grilled Cheese



**Yield:** Makes 2 Sandwiches

**Prep Time:** 20 minutes

**Cook Time:** 20 minutes

## Ingredients:

Four slices whole wheat bread  
4 tablespoons unsalted butter, room temperature  
1 tablespoon olive oil  
1 cup cooked chicken, diced  
1 cup spinach  
1 cup zucchini, cubed  
1/2 yellow onion, diced  
1 cup chicken stock  
2 teaspoons all-purpose flour  
1/2 cup Parmesan cheese, shredded  
1 cup plain Greek Yogurt  
1 cup mozzarella cheese, shredded  
salt and pepper to taste

## **Directions:**

In a large skillet preheated to medium-high heat, add the olive oil, onion, and zucchini. Saute until softened about four minutes. Next, add the spinach and cook until wilted. Add the chicken stock, flour, s&p. Whisk until smooth, bring sauce to a slight boil, stir until thickened, and remove from heat.

Let the sauce cool slightly. Stir in the Greek yogurt and Parmesan. Add a little more s&p if you'd like. Also, stir in the chicken. To make the sandwiches, preheat a panini press and butter slices of bread. Place about 1/2 cup of the chicken alfredo mixture on the bottom of a bread slice. Top the alfredo with 1/2 cup mozzarella. Repeat process with other two slices of bread. Place the sandwiches in the panini press and cook until the cheese has melted. Serve immediately.

**\*\*Note:** you will have leftover sauce so use on some whole grain pasta for a traditional dish!