

Grilled Veggie Panini - The Ultimate Easy Lunch with Crispy Bread & Melty Cheese

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TIME
15 min

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INGREDIENTS

2 slices of bread (sourdough, ciabatta, or whole grain work beautifully)
2-3 slices of cheese (mozzarella, provolone, Swiss, or cheddar)
½ cup sliced bell peppers or zucchini (or a mix!)
1-2 tablespoons butter (softened)

DIRECTIONS

1. Step 1: Assemble: Layer sliced veggies and cheese between two slices of bread.
2. Step 2: Butter the Bread: Brush the outside of each slice lightly with softened butter. This ensures a golden, crispy crust.
3. Step 3: Grill: Place the sandwich in a heated skillet over medium heat.
4. Cook for 3-4 minutes per side until golden brown.
5. Step 4: Press for Crispness: Use a spatula to press lightly while cooking. This helps everything melt together and gives that classic panini texture.
6. Step 5: Serve Hot: Remove from the pan, slice in half, and serve immediately while the cheese is perfectly gooey.

SWAPS & NOTES

It's comfort food without feeling heavy.
Whole grain adds nuttiness and fiber.

Cheese Choices: Mozzarella melts beautifully.

Veggie Add-Ins: Red onions Mushrooms Spinach Roasted eggplant Sun-dried tomatoes You can even use leftover roasted vegetables from dinner to cut down on prep time.

More recipes: [ChefManiac.com](https://chefmaniac.com)

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