

WORKING MOTHER

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you | healthy mom

5-ingredient meal

That's Baloney! This sandwich from chef Michael Schlow, author of *It's About Time: Great Recipes for Everyday Life*, will be a hit with parents and a cinch to tweak for the kids—just substitute bologna for the mortadella.



Ciabatta bread or roll



Dijon mustard



Mortadella or bologna



Arugula



Shaved Parmesan

Slice bread or roll. Spread mustard on two pieces and layer mortadella, arugula and cheese between them. Cook on a panini press or in a nonstick pan with a weight on it until crispy on the outside. *Mangia!*