

Herb Grilled Chicken Breast Sandwich (Serves 4)

Ingredients:

- 2 Tablespoons fresh herb mix (basil, parsley, cilantro and lemon zest)
- 4 chicken breasts
- 1 teaspoon olive oil
- 4 ounces Brie cheese slices
- 6 ounces red grapes (about 1 cup)
- 1 teaspoon olive oil
- 1 teaspoon honey
- 4 4" whole wheat baguette pieces
- 4 ounces arugula
- 4 Tablespoons lemon vinaigrette (see recipe)

Lemon Vinaigrette

- 3 Tablespoons fresh lemon juice
 - 1 Tablespoon chopped shallots
 - 1 teaspoon crushed garlic
 - 3 Tablespoons white balsamic vinegar
 - 1 teaspoon kosher salt
 - 6 Tablespoons olive oil
 - 1 Tablespoon lemon zest
- Whisk all ingredients together until emulsified.

Directions for Chicken:

1. Preheat grill to 425F degrees.
2. Lightly spray grill and chicken with olive oil spray. Sprinkle fresh herbs on each side and pat herbs down to stick to chicken.
3. Grill chicken for about 5-10 minutes per side or until juices run clear and internal temperature reaches 165F degrees.

Directions for Grapes:

1. Cut grapes in half lengthwise.
2. Toss with olive oil and 1 tsp honey
3. Sauté over high heat in non-stick pan until lightly caramelized, about 2-3 minutes. Shake pan often to keep from burning.

Assemble Sandwich:

1. Slice open Baguette and place on grill to toast, about 30-45 seconds.
2. Place grilled baguette on plate and top with 1 chicken breast, 1 oz. brie slice and about 6 grape halves.
3. Separately toss dressing with arugula and place on top of assembled sandwich.



Nutrition Facts: (1 serving)

Calories: 640
Total Fat: 24 g
Carbohydrates: 60 g
Fiber: 7 g
Protein: 47 g

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