

Betty's Hearty and Healthy Grilled Chicken Sandwich Recipe



Uploaded on 28 Aug 2009

In this video, Betty demonstrates how to make her Hearty and Healthy Grilled Chicken Sandwich. This is a great sandwich to make if you are just cooking for yourself or maybe for 2--but it can be made for a crowd!

Ingredients: (for 2 sandwiches)

2 uncooked chicken breast fillets

2 sweet Italian sub buns (You may substitute any type of sandwich bread here--Italian bread or French baguette or other choices are good.)

1/2 cup mayonnaise

2 tablespoons dill pickle relish

meat tenderizer, to taste

freshly ground black pepper

extra virgin olive oil--enough to coat chicken

1 slice Deluxe American cheese, optional (You may use any type of sliced cheese that you like.)

2 thin slices fresh tomato

fresh lettuce leaves

Prepare 2 chicken breast fillets for your sandwich by using a meat mallet (or something heavy) to flatten and tenderize the fillets. Sprinkle both sides with meat tenderizer to taste, and freshly ground pepper to taste. Rub both sides of the fillets with extra virgin olive oil, and set aside. Now, wash your hands, and prepare the spread for your sandwiches. Mix 1/2 cup mayonnaise with 2 tablespoons dill pickle relish. Stir thoroughly, and pour into a small serving dish, and set aside. (This spread may be enough for 4 sandwiches, depending on how much you want for each sandwich.) Now, prepare your bread. If the bread is not cut into serving pieces, separate it, and slice it into two halves per sandwich. Place these in a pan and put them in a 400 degree oven that is turned to broil. Leave the door partially open, and keep a close eye on the bread, because it will toast very quickly. When it is lightly browned, remove it from the oven, and set aside. At this point take your 2 chicken fillets to an outdoor grill, which has been preheated, and grill them until they are done all the way through. Chicken must be completely cooked! (You may use an electric kitchen grill for convenience, and the results will be very good.) When the chicken is done, you are ready to assemble your sandwich. Spread a generous amount of the mayonnaise/dill pickle spread on the bottom half of one of the toasted sub buns. Next, place a grilled chicken fillet over the spread. Top this with a slice of Deluxe American (or other) cheese, if you like. Next, place a couple of thin slices of tomato and some lettuce leaves. Finish assembling the sandwich with the matching top of the toasted sub bun. Cut the sandwich across the middle, in a diagonal fashion. Place it on a plate with some pretzels, and treat yourself to a cold soda! This will be a hearty, but healthy sandwich, and it is very easy to make for one person or for a crowd! Enjoy!!!