



Chicken Caesar Salad Sandwiches

Prep: 20 minutes

Grill: 15 minutes • Serves: 4

- 4 boneless, skinless chicken breasts (about 6 ounces each)
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- Nonstick cooking spray
- 1 romaine lettuce heart, cut lengthwise in half
- 4 bolillo rolls, cut lengthwise in half
- ½ medium tomato, chopped (about 1/2 cup)
- ½ cup creamy Caesar salad dressing
- ⅓ cup shredded Parmesan cheese

1. Prepare outdoor grill for direct grilling over medium-high heat. Sprinkle chicken with 1/4 teaspoon each salt and pepper; spray both sides with cooking spray. Place chicken on hot grill rack; cover and cook 10 to 12 minutes or until chicken loses its pink color throughout and internal temperature reaches 165°, turning 2 or 3 times during cooking. Transfer chicken to cutting board and loosely cover with aluminum foil; let stand 5 minutes..

2. Meanwhile, spray all sides of lettuce and cut sides of rolls with cooking spray. Place lettuce and rolls, cut side down, on hot grill rack. Cover and cook lettuce 5 to 7 minutes or until lightly charred and tender-crisp, turning once during cooking; cook rolls 1 to 2 minutes or until lightly browned. Chop lettuce into 1-inch pieces.

3. In large bowl, toss tomato, dressing, cheese, lettuce and remaining 1/4 teaspoon each salt and pepper. Place chicken on bottom halves of rolls; evenly top with salad and close sandwiches to serve.

Approximate nutritional values per serving:

*482 Calories, 18g Fat (4g Saturated), 96mg Cholesterol,
1154mg Sodium, 39g Carbohydrates, 8g Fiber, 41g Protein*