

Picnic Chicken Sandwiches



PREPARATION TIME
5 minutes



COOKING TIME
15 minutes



PERFECT PARTNER
potato chips



Take advantage of reduce-priced day-old whole wheat buns. If they are dry, simply mist them lightly with water, wrap loosely in heavy foil and heat in a 300°F oven for 5 minutes until warm.

SHOPPING LIST

- chicken • tomato • lettuce
- lemon pepper • wheat buns
- barbecue sauce
- Swiss cheese • onion relish

ON HAND

- garlic powder

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INGREDIENTS

- 4 skinless, boneless chicken breasts (4 ounces each)
- 1 teaspoon garlic powder
- 1 teaspoon lemon pepper
- 4 whole wheat buns
- 1/4 cup honey-Dijon barbecue sauce
- 4 lettuce leaves
- 4 slices tomato
- 4 slices Swiss cheese
- 4 teaspoons onion relish

SERVES 4

COOKIN'
Express

- If you cannot find honey-Dijon barbecue sauce in the grocery store or gourmet market, for a quick solution, mix 1 part honey-Dijon mustard with 3 parts of your favorite barbecue sauce.

Make Ahead

Season chicken with garlic powder and lemon pepper up to 4 hours ahead. Keep refrigerated until ready to grill.

VARIATION

For an even heartier meal, add 2 slices crisp bacon to each sandwich.

1 Preheat grill. Sprinkle both sides of chicken with garlic powder and lemon pepper. Brush grill rack with oil to prevent chicken from sticking.



2 Grill chicken, turning frequently, for 15 minutes or until juices run clear when meat is pierced with a knife. Remove to a platter; cover to keep warm.

3 Spread some barbecue sauce on bottom half of buns. Layer with lettuce, tomato and cheese.



4 Top each half with chicken, barbecue sauce and onion relish; replace bun. Serve sandwiches immediately.