



Grilled Chicken Melt

INGREDIENTS:

1 (4oz.) piece	Boneless, skinless, chicken breast
2 each	Rye bread
2 cup	Mushrooms, sliced
1 cup	White onions, julienned
1 teaspoon	Garlic, chopped
Pinch	Salt & pepper
(2) ½ ounce	Provolone cheese, slices
1 ounce	Red pepper aioli

PREPARATION:

- Preheat oven to 350° F
- Preheat grill, cast iron skillet, or George Foreman grill to a medium heat.
- Spray non-stick cooking spray on both the grill and one side of the chicken breast.
- Meanwhile the grill is heating up, warm a small sauté pan and sauté the mushrooms, garlic, and onions until tender.
- Set aside
- Once grill is hot, lay breast in pan.
- Cook for about 3 minutes, then turn breast to a 90° angle (on its same side), and cook another 3 minutes. (This will make nice grill marks.)
- Then spray non-stick cooking spray on the top of the chicken breast, and flip chicken breast over so the uncooked side is on the grill and continue cooking.
- Cook for about 3 minutes, or until golden color grill marks appear, then turn breast to a 90° angle (on its same side), and cook for another 3 minutes.
- Slightly warm rye bread or lightly toast bread on grill.
- Place red pepper aioli lightly over bread, then place chicken breast, tomato, mushrooms, onions, and provolone cheese over sandwich.
- Place open faced sandwich in oven to melt cheese and warm the sandwich together.
- Serve hot out of the oven!

Number of servings:	2
Serving size:	1 sandwich
Calories:	300
Fat grams:	4

