



## GOURMET GRILLED CHICKEN SANDWICHES

**SERVINGS: 6 | PREP TIME: 7 MINS | COOK TIME: 1 MINS**

- In a gallon-sized freezer bag, combine the oil, vinegar, garlic powder, salt, pepper, ginger and paprika. Gently shake the bag to mix. Then set aside.
- Carefully cut the chicken breasts lengthwise through the center to create two thin halves out of each breast. Place the six chicken cutlets in the bag with the marinade, seal the bag and shake to ensure the meat is coated. Set in the refrigerator for at least 15 minutes or up to several hours to marinate.
- Preheat a grill pan or grill over medium-high heat.
- Lightly coat the pan with cooking spray (if cooking on the stove top), and then add the chicken to the pan or grill. Discard the marinade. Grill until there are prominent marks on the bottoms, about 3-4 minutes. Carefully flip the chicken. Reduce heat to medium, cover the pan or grill and grill for another 3-4 minutes, or until cooked through. Chicken is done when juices run clear or the internal temperature is 165 degrees F.
- To assemble the sandwiches, place one piece of chicken, one slice cheese, one piece of bacon (broken in half pieces), and optional toppings of choice on the buns.
- **FREEZER MEAL INSTRUCTIONS:**

**To freeze:** Place chicken in the marinade, seal bag and freeze immediately. Wrap cheese and cooked bacon separately in foil or plastic wrap and place in another gallon-sized freezer bag, along with the buns. Freeze all sandwich components together in the freezer.

**To prepare:** Thaw all sandwich components in the refrigerator overnight. Or for a faster method (about 2-3 hours), submerge the sealed marinated chicken freezer bag in cool water. Replace the water every 30 minutes until cutlets are thawed. Cook according to directions, starting with step 3.

- 6 TBSP. olive oil
- 3 TBSP. cider vinegar
- 1 TBSP. garlic powder
- 1 TBSP. salt
- 1 ½ tsp. ground black pepper
- 1 ½ tsp. powdered ginger
- 1 ½ tsp. paprika
- 3 large boneless skinless chicken breasts
- 6 slices cheddar cheese
- 6 slices bacon, cooked and broken in half
- 6 hamburger buns (preferably whole wheat)
- Optional toppings: lettuce, tomato slices, onion slices, mayonnaise, Dijon mustard