



Pesto Chicken Sandwiches with Tomato-Feta Salad

Prep Time: 12 minutes Cook Time: 12 minutes

SERVES 4

Ingredients:

3 ripe tomatoes, sliced
½ cup crumbled feta cheese
cup bottled balsamic vinaigrette dressing
cup sliced scallions
4 (3oz) chicken-breast cutlets
½ cup purchased refrigerated basil pesto
4 kaiser or other hard rolls, split.

Steps:

1. Heat barbecue grill
2. Put tomatoes, cheese, dressing and scallions in a bowl and toss to mix. Set aside.
3. Brush cutlets lightly with 1 tbsp. pesto. Grill 3 to 4 minutes, turning once, until cooked through.
4. Spread rolls with remaining pesto. Place a cutlet on bottom of each. Top with tomato-feta salad; drizzle with dressing left in bowl. Cover with roll tops.

* You can make this sandwich low-fat by opting for reduced fat feta cheese, vinaigrette salad dressing and basil pesto,