



## Grilled Chicken and Roasted Red Pepper Sandwiches with Fontina Cheese

### Ingredients:

- 1 pound skinless, boneless chicken breast halves
- 1 tablespoon fresh lemon juice
- 1 tablespoon Dijon mustard
- 2 teaspoons extravirgin olive oil
- 1/4 teaspoon dried marjoram
- 1/4 teaspoon dried thyme
- 5 garlic cloves, minced and divided
- Cooking spray
- 1 cup vertically sliced onion
- 1 teaspoon sugar
- 3/4 teaspoon fennel seeds, crushed
- 1/4 teaspoon crushed red pepper
- 1/4 teaspoon salt

- 1 (7-ounce) bottle roasted red bell peppers, drained and sliced
- 1 tablespoon red wine vinegar
- 1/8 teaspoon freshly ground black pepper
- 1 (12-ounce) loaf rosemary focaccia, cut in half horizontally
- 4 teaspoons low-fat mayonnaise
- 3 ounces fontina cheese, thinly sliced

Makes: 4 servings.  
Prep Time: 2 hours  
Cook Time: 10 minutes



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### Directions:

1. Place chicken between 2 sheets of heavy-duty plastic wrap, and pound to 3/4-inch thickness using a meat mallet or rolling pin.
2. Combine juice, mustard, oil, marjoram, thyme, 1 garlic clove, and chicken in a large zip-top plastic bag; seal.
3. Marinate in refrigerator 2 hours, turning occasionally.
4. Heat a large nonstick skillet over medium-high heat.
5. Coat pan with cooking spray.
6. Add remaining 4 garlic cloves, onion, sugar, fennel, crushed red pepper, and salt, and sauté 1 minute.
7. Add roasted bell peppers; cook 5 minutes or until onions are tender, stirring frequently. Stir in vinegar and black pepper.
8. Prepare grill to medium-high heat.
9. Remove chicken from bag; discard marinade.
10. Place chicken on grill rack coated with cooking spray; grill 5 minutes on each side or until done.

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11. Cool slightly; cut chicken into slices.
12. Spread cut sides of bread evenly with mayonnaise.
13. Arrange cheese on bottom half of bread. Arrange chicken and pepper mixture over cheese. Top with top half of bread; press lightly.
14. Place stuffed loaf on grill rack; grill 3 minutes on each side or until cheese melts.
15. Cut into quarters.

*Recipe and photo courtesy of Cooking Light magazine.*

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