

Chicken Pesto Sandwich

Ingredients

- 1/3 cup fresh basil, chopped
- 3/4 tsp garlic
- 4-5/8 tsp shredded parmesan cheese
- 4-5/8 tsp raw spinach
- 3/8 tsp kosher salt
- 1/8 tsp black pepper
- 1/4 cup olive oil
- 4 whole grain breaded chicken breast
- 1/8 cup shredded mozzarella cheese, reduced fat
- 4 whole grain 2oz buns
- 4 inner lettuce leaves
- 1 cup tomato, sliced

Notes

Number of Portions: 4

Serving Size: 1 each

Nutrition Facts: 527 calories, 31.33 g fat, 5 g saturated fat, 736 mg sodium, 43.17 g carbohydrate, 6.67 g fiber, 4.1 g sugar, 22.14 g protein

Directions

1. Thoroughly wash basil before using. Place basil, garlic, cheese, spinach, salt, and pepper in food processor. Pulse until combined
2. Stream in oil until an emulsion is formed. Taste and adjust seasoning as needed.
3. Place chicken on 9 x 13 inch tray, and bake in 350°F oven for 20 minutes or until internal temperature reaches 165°F. Place a slice of cheese on each breast and place back in the oven to finish melting the cheese (chicken should not be in over for more than 20 minutes).

To serve, place 1 oz of pesto on each bun and top with chicken, lettuce, and tomato slice.