

# GRILLED BC CHICKEN CLUBHOUSE SANDWICH



*Yields:*

15 sandwiches

## INGREDIENTS

Whole Grain Bread, slices	30
Olive Oil or Soft Margarine, non-hydrogenated	75 ml
Pesto	75 ml
Chicken Breasts, skinless, boneless, grilled	15
Bacon, slices crispy	15
Tomato Slices	45
Lettuce Leaves	15

## DIRECTIONS

1. Lightly coat the bread slices with olive oil or margarine and toast.
2. Spread 5 mL of pesto onto 15 slices of the bread.
3. Top with one chicken breast, one bacon slice, three tomato slices, one lettuce leaf and a second slice of bread.
4. Secure with two skewers or toothpicks and cut in half.
5. Serve immediately with fresh salad or bowl of soup.

Use deeply coloured greens to garnish sandwiches, increasing nutrients and eye appeal. Try romaine or red leaf lettuce, or even finely shredded kale or chard.



### CHEF'S TIPS

Sandwich sizes can get out of hand if a large portion of bread is used. Keep the bread portion moderate, e.g., a submarine bun that is less than six inches, and one tortilla folded for a quesadilla.