

Restaurant Recipe Makeover

Maple Chicken Sandwich

Ingredients for 1 Sandwich:

- 1 (4 oz.) Chicken Breast
- 0.5 tsp Grill Seasoning
- 2 slices Bacon
- 2 slices Ciabatta Bread
- 2 Tbsp. Roasted Onions (See Recipe)
- 2 Tbsp. Maple Dijonnaise (See Recipe)
- 2 Tbsp. Cranberry Chutney (See Recipe)
- ¼ cup Arugula

Directions:

- Heat grill or griddle to medium heat. Season chicken evenly on both sides with grill seasoning.
- In separate saucepan, heated to medium heat, cook bacon until crispy. Drain on paper towels.
- Place chicken on grill or griddle and cook for two minutes. Turn a quarter turn and grill for additional 2 minutes, or until thoroughly cooked.
- Once chicken is cooked thoroughly, place two strips of hot bacon and 2 Tbsp roasted onions evenly on top of chicken.
- Griddle or toast the outside top and bottom of the ciabatta bread (rub with 1 tsp. olive oil to aid in toasting).
- Once toasted, add 1 Tbsp maple dijonaise on top bun and 1 Tbsp on bottom bun.
- Place chicken on bun, top with arugula and close sandwich. Enjoy!

Mindful Tips

Ciabatta is an Italian white bread made with wheat flour and yeast. The literal translation of the word is slipper because of its shape. Since the late 1990's it has been popular across Europe and in the United States, and is widely used as a sandwich bread.

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Nutrition per serving: 415 calories, 11 g fat (2.2 g sat fat), 28g carbohydrates (2.2 g fiber), 47g protein, 116 mg cholesterol, 690 mg sodium



Cranberry Chutney

Ingredients:

- 1.5 Tbsp Canola Oil
- ½ cup Minced Shallots
- 1 cup Vegetable Stock
- ¾ cup canned Whole Berry Cranberry Sauce
- 2 tsp Thyme
- ¼ cup White Balsamic Vinegar
- Cornstarch Slurry:
- (2 tsp cornstarch + 1.5 Tbsp. Water)

Directions:

- Pour canola oil into heated saucepan. Add shallots and thyme.
- Cook over high heat, stirring frequently, until the shallots become translucent. Do not burn.
- Add the vegetable stock, cranberry sauce and balsamic vinegar.
- Bring to a boil for 2 minutes while constantly whisking to break up the cranberry sauce.
- Add cornstarch slurry and bring back to a boil. Once to a boil, turn heat off immediately.
- Transfer to a pan to cool. Cover and store in fridge; use within one week.

Makes 60 Tbsp.

Maple Dijonnaise

Ingredients:

- 1 cup Light Mayonnaise
- 1 Tbsp. Maple Syrup
- 1 Tbsp. Whole Grain Mustard

Directions:

- In medium bowl, whisk all ingredients until fully combined
- Cover and store in fridge until use, for up to one week.

Makes 18 Tbsp.

Roasted Onions

Ingredients:

- 1 cup Onions, cut into thick rings
- ¼ tsp Grill Seasoning
- 2 tsp Canola Oil
- 1 tsp Granulated Sugar

Directions:

- Brush onions with canola oil and sprinkle with grill seasoning.
- Heat skillet to medium heat. Once hot, add onions and sear on both sides. Set aside.
- In a mixing bowl, combine canola oil and sugar, whisk well to incorporate. Add onions to mixing bowl, stir the mixture thoroughly to incorporate.
- Use hot on the sandwich and cover any leftovers to store in fridge, use within one week.

Makes 18 Tbsp.

Mindful Tips

Make this recipe healthier by choosing light mayo, which contains about half the calories and fat as regular mayonnaise.

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