



Grilled Chicken and Pineapple Sandwiches



Pineapples make this tropical sandwich both tropical and a good source of Vitamin C

Yield: 4 Servings (Serving Size: 1 sandwich)

Ingredients

- 4 (6 oz) skinless, boneless chicken breast halves
- 1/2 tsp salt
- 1/4 tsp ground black pepper
- Cooking spray
- 1/4 cup fresh lime juice
- 4 (1/2" thick) slices fresh pineapple
- 4 (1.5 oz) whole wheat hamburger buns, toasted
- Light mayonnaise (optional)
- 4 large basil leaves

Nutrition Information Amount Per Serving

Calories: 333
Calories from Fat: 11%
Fat: 4g
Saturated Fat: 0.9g
Protein: 43.4g
Carbohydrate: 30.5g
Fiber: 4.1g
Sodium: 608mg
Cholesterol: 99mg

Preparation

1. Prepare grill and coat with cooking spray.
2. Sprinkle chicken evenly with salt and pepper. Grill 5 to 6 minutes per side or until done, occasionally brushing with lime juice.
3. Grill pineapple 2 to 3 minutes per side or until browned.
4. If desired, spread mayonnaise on bottom halves of toasted buns. Top each bun with 1 chicken breast half, 1 pineapple slice, 1 basil leaf, and 1 bun top. Serve immediately.

From: OxmoorHouse.com

Recipe Provided by Elizabeth M. Madison, Holiday Farms In-Store Registered Dietitian.

Want more recipes or meal planning ideas? Contact Elizabeth at: emadisonrd@gmail.com or call 718-598-0617