



in my
Kitchen

Maple Chicken, Peach & Goat Cheese Sandwich

Makes 4 servings

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| ¼ cup Dijon mayonnaise (recipe below) | ½ cup maple marinade (recipe below) |
| 12 ounces thinly sliced maple roasted chicken breast (recipe below) | 8 slices toasted multigrain bread |
| 1 cup roasted peaches (recipe below) | ½ cup chevre (goat) cheese |
| | 4 leaves green leaf lettuce |

Toast each slice of bread. For each sandwich, place 1 slice multigrain toast on a flat work surface. Spread 1 tablespoon Dijon mayonnaise on one slice of toasted bread. Place 2 tablespoons goat cheese on bread. Place 1 leaf green lettuce on top of cheese. Place ¼ cup roasted peaches on top of leaf lettuce. Place 3 ounces of chicken on top of peaches. Top chicken with 1 slice of toasted bread. Place 2 toothpicks in sandwich. Cut in half diagonally.

Dijon Mayonnaise: In a mixing bowl, combine 3 tablespoons mayonnaise and 1 tablespoon Dijon mustard. Mix until well blended. Keep refrigerated until ready to use.

Roasted Peaches: Cut 2 peaches in half and remove pits. Place 1 tablespoon lemon juice in a bowl and add peaches. Toss gently until peach halves are completely coated. Add 1¼ teaspoon sugar to the bowl. Toss to evenly coat. Place peach halves, cut side up, onto a greased sheet tray. Place in a 425°F oven. Roast for 15 to 20 minutes or until peaches are soft, but still a little firm. Cool quickly under refrigeration. Once cooled, slice roasted peaches into ¼-inch to ½-inch slices. Keep refrigerated until ready to use.

Maple Marinade for Chicken: In a mixing bowl, combine 1 ½ cups water, ¾ cups apple cider, 3 tablespoons maple syrup and 2 tablespoons salt. Mix until well blended. Keep refrigerated until ready to use. Stir well before each use.

Maple Roasted Chicken Breast: Trim all fat from chicken. Using a meat tenderizer or mallet, gently pound each chicken breast. Place chicken in a large mixing bowl. Pour maple marinade over meat to evenly coat. Keep refrigerated for 8 hours to marinate. Drain and discard excess sauce before cooking. Preheat oven to 375°F. Place chicken in a large roasting pan. Cook for 6 to 8 minutes. Turn chicken over. Cook for another 7 to 8 minutes and temperature reaches 165°F. Cool quickly under refrigeration. Keep refrigerated until ready to use.

NUTRITION FACTS: 1 Sandwich

CALORIES	CARBS	PROTEIN	FAT	SAT. FAT	SODIUM	FIBER
440	36g	27g	20g	8g	1360mg	5g