

## Grilled Chicken Panini or Grilled or Hot Chicken Sandwich<sup>10</sup>

Number of Servings: 10 (246.42 g per serving)

Amount	Measure	Ingredient
1.87	lb	Chicken, broiler/fryer, breast, w/o skin, rstd
7.00	Tbs	Seasoning, original
1/3	cup	Oil, canola
5.00	oz	Cheese, Swiss, slice
7.00	Tbs	Dressing, Miracle Whip, light
5.00	oz	Pimentos, cnd
20.00	oz	Tomatoes, red, fresh, year round avg, sml
20.00	slc	Bread, whole grain, slice

### Nutrients per serving

Nutrition Facts	
Serving Size (246g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 430</b>	<b>Calories from Fat 170</b>
% Daily Value*	
<b>Total Fat 19g</b>	<b>29%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol 90mg</b>	<b>30%</b>
<b>Sodium 410mg</b>	<b>17%</b>
<b>Total Carbohydrate 28g</b>	<b>9%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 6g	
<b>Protein 38g</b>	
Vitamin A 20%	• Vitamin C 35%
Calcium 20%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Instructions

Slice cooked chilled chicken breasts and season with Mrs Dash Original seasoning. In skillet or steamtable pan with oil, saute seasoned chicken and pimento. Bring to 165 degrees.

Place swiss cheese on 1 slice of bread and spread cheese with 2 tsp. Miracle Whip, light. Spread approx. 2/3 c. sauteed chicken/pimento mixture over cheese, add tomato slices and another slice of bread. Brush both sides of sandwich with 1 tsp oil. Grill on a Panini grill (or any other grill, turning to toast each side) OR

MIX CHICKEN, SEASONING, PIMENTO & MIRACLE WHIP TOGETHER COLD AND PLACE 2/3 c. ON CHEESE ON BREAD & TOP WITH 2ND SLICE OF BREAD & BRUSH WITH OIL.

Wrap each cold sandwich in foil and bake in 350 degree oven for 20-25 minutes - sandwiches can be sent cold & baked at satellite kitchens if satellite kitchens are equipped & time allows.

1 sandwich per person, if foil wrapped, serve in foil.

1 sandwich = 2 CS

#### Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.

#### Cooking :

- Cook to an internal temperature of 165 F for 15 seconds.

#### Holding :

- Hold for hot service at an internal temperature of 135 F or higher.

#### Cooling :

- Cool to an internal temperature of 70 F within 2 hours and cooled to 41 F within 4-6 hours.

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