

Pesto Chicken & Roasted Red Pepper Sandwiches

Prep Time: 10 min
Cook Time: 25 min
Servings: 6

Ingredients

- 1 tbsp extra virgin olive oil
- 1/2 tsp ground black pepper
- 2 (6-ounce) boneless, skinless chicken breasts
- 1 (12- to 18- inch) whole-wheat baguette
- 1 1/2 cups basil pesto
- 1 (10-ounce) jar roasted red peppers, drained, and roughly chopped
- 6ounces smoked light gouda cheese, sliced

Instructions

1. Preheat the oven to 375 degrees.
2. Heat the oil in a medium sauté pan over medium heat.
3. Evenly season both sides of the chicken breast with pepper and add them to the pan. Cook for 6 minutes, or until golden brown on the bottom.
4. Flip the chicken breasts and reduce the heat to low. Cover the pan and cook for an additional 5 to 7 minutes, or until cooked through.
5. Transfer the chicken breasts to a plate and let them stand for 5 minutes. Cut the chicken into 1/2-inch-thick slices.
6. Cut the baguette in half. Generously spread the pesto on both cut sides.
7. On the bottom half, layer the chicken slices, roasted red peppers, and gouda.
8. Close the sandwich with the top half. Cut the sandwich in half and wrap each half tightly in aluminum foil.
9. Bake for 10 minutes, or until the cheese is melted.
10. Unwrap and carefully cut into 2-inch-wide sandwiches.



Nutrition Facts

servings per container
Serving size (211g)

Amount per serving
Calories **470**

% Daily Value*

Total Fat 23g **29%**

Saturated Fat 7g **35%**

Trans Fat 0g

Cholesterol 60mg **20%**

Sodium 730mg **32%**

Total Carbohydrate 40g **15%**

Dietary Fiber 0g **0%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

Protein 28g

Vitamin D --mcg --%

Calcium 236mg 20%

Iron 3mg 15%

Potassium --mg --%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.