



The Taste of Summer Sandwich



Serving(s)

4

General Category : Sandwiches-Burgers-Wraps

Food Group : Poultry-Chicken

Cuisine Type : Canadian

Preparation Method : Grill

Submitted by Tina Lissemore of Port William, N.S., this is the grand-prize winner of our 2005 Canada Day Chicken Challenge contest.

Ingredients

- 4 boneless, skinless chicken breasts
- 4 whole wheat hamburger buns
- 3 tbsp (50 mL) light mayonnaise
- 4 small leaves romaine lettuce
- 1 grilled or roasted sweet pepper cut into strips
- 4 thin slices of red onion
- 1 green onion, sliced
- **Orange Ginger Marinade:**
- 1 tbsp (15 mL) grate orange rind
- 1/4 cup (50 mL) orange juice
- 3 green onions, finely chopped
- 1 clove garlic, minced
- 1 tsp (5 mL) each ground ginger and soy sauce
- 1/4 tsp (1 mL) salt

Preparation

Orange Ginger Marinade: In bowl, whisk together orange rind and juice, green onions, garlic, ginger, soy sauce and salt. Add chicken breasts; turn to coat. Let stand for 10 minutes or cover and refrigerate for up to 8 hours.

Place chicken on greased grill over medium heat; spoon any remaining marinade over chicken. Close lid and grill, turning once, until no longer pink inside, about 10 minutes.

Cut buns in half; spread cut sides with mayonnaise. Sandwich lettuce, chicken, sweet pepper, red onion and green onion in buns.

Source

Orange Ginger Chicken Sandwiches in *Canadian Living* July 2005

Nutritional information

Per serving: about 375 cal, 37 g pro, 8 g total fat (2 g sat. fat), 39 g carb, 6 g fibre, 82 mg chol, 715 mg sodium. % RDI: 9% calcium, 19% iron, 11% vit A, 75% vit C, 25% folate.