

California Grilled Chicken Breast Sandwich

Ingredients

- 6 chicken breasts, boneless, skinless
- 3/4 tsp Mrs. Dash Original Blend
- 1 1/2 tsp plain yogurt, low-fat
- 1/8 tsp cumin
- 1/8 tsp Tabasco sauce
- 1 avocado, fresh
- 3/4 tsp lime juice
- 3/4 tsp garlic powder
- 1/8 tsp salt
- 1/8 tsp black pepper
- 1 1/4 oz tomato
- 1/4 oz red onion
- 1 tsp cilantro
- 3 oz Swiss or American cheese, sliced
- 6 hamburger buns



*A great twist on a classic tradition.
Top this chicken sandwich with spices,
Tabasco, avocado and lime.*

Directions

If necessary, thaw chicken in refrigerator.

Rinse avocado, peeled red onion, tomato and cilantro. Core and seed the tomato. Finely dice the onion, tomato and cilantro. Cut avocado in half lengthwise and remove the pit. Scoop avocado from halves and place in a mixing bowl. Coarsely mash or dice the avocado, sprinkle with lime juice and stir lightly to mix.

In a small bowl, combine the yogurt, cumin, hot pepper sauce, salt and pepper. Add to avocado and mix until well blended. Stir the tomato, onion and cilantro into the avocado mixture. Refrigerate until needed.

Combine Mrs. Dash seasoning blend with the garlic powder. Sprinkle on each side of the chicken breasts. Grill chicken evenly on both sides. At completion of cooking, internal temperature should reach 165 degrees for 15 seconds.

Place one chicken breast on bottom half of each bun. Top with 1/2 oz slice of cheese and 2 Tbsp guacamole. Place top bun over guacamole.

Yield 6 servings

Nutritional Information

Calories 332, Fat 9g, Carbohydrates 27g, Cholesterol 78mg, Sodium 458mg, Fiber 2g, Protein 34g