



Chicken Club

Pan seared chicken breasts, with sliced tomato, lettuce, bacon and a dijon mayo dressing on a toasted bun

I was making my wife a sandwich for dinner, but all we had in the fridge was a tomato, leftover lettuce and 2 pieces of bacon. We've all been there. You open the fridge and feel like you're on an episode of 'Chopped'. So... an easy, tasty, no fuss BLT with chicken, seemed to be the right call. I decided to use a dijon mayonnaise spread, rather than just plain mayo, to kick the sandwich up a bit. After all, 'simple' doesn't have to mean boring.

Servings Info.:

Yields: 4 sandwiches
 Servings: 4
 Serving Size: 1 sandwich



- last checked 02/09/24 -
 Listed Points **DO NOT INCLUDE BREAD!** Use whatever brand bread you want, then add my points to it.

Ingredients:

Chicken Breasts:

- Ok, here's the deal. you can use 4 slightly pounded, medium sized chicken breasts for this sandwich. The reason mine (pictured) were made using teeny little chicken tenderloins, is because I made this during COVID shutdowns and all the grocery store had was those tiny lil chicken strips. Now that we can all get groceries again... I'd use 1 medium breast per sandwich. Same cooking process applies.
- 1/4 tsp baking soda, dissolved into 1 tsp water.

Dijon/Mayo spread:

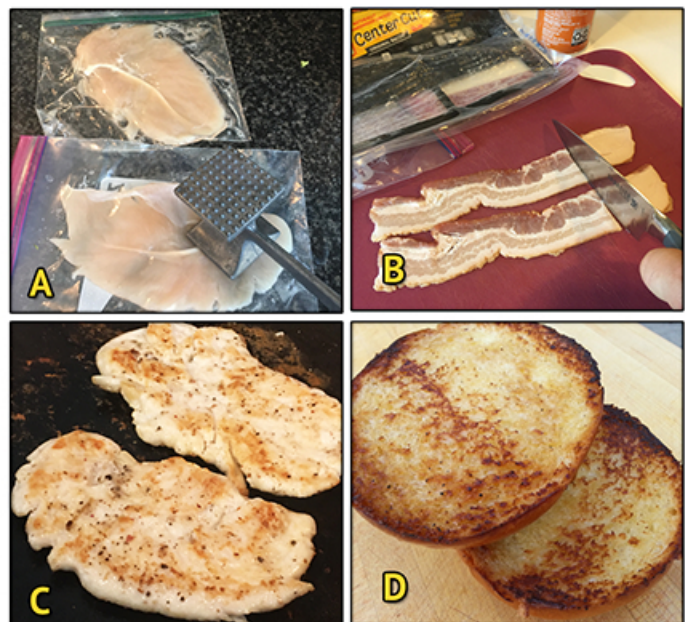
- 1/2 cup plain fat free Greek yogurt
- 1 tsp light mayonnaise
- 1-2 Tbsp dijon mustard, to taste
- 2 tsp white wine vinegar
- 1/8 tsp salt
- 1/4 tsp cracked black pepper

Additional Toppings:

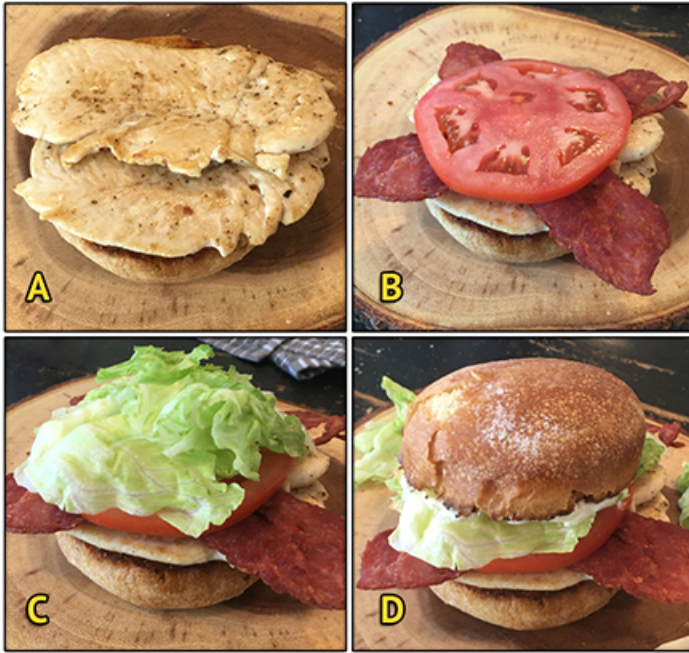
- 8 slices of Oscar Mayer Center Cut Bacon... IMPORTANT:
 - Take your 8 slices and CUT OFF the end 1/4 from each piece. It will leave you with a 'true' total of 6 slices. Trust me. 8 slices minus (8) 1/4's = 6 slices.
- 1-2 Tomato slices per sandwich, your preference
- Any lettuce or green-leafy-variety-type-thingie o' choice, I used Iceberg lettuce for the classic crunchiness of it.

Directions:

- 1 Mix all of the dijon mayo ingredients together till well combined. Set aside.



- 2 (A) Place your chicken into plastic bags and use a kitchen mallet, small pot, or whatever, lightly pound them a little bit thinner. Place all the chicken into a bowl and rub with baking soda solution. Let sit for 20 minutes. (B) Slice 1/4 off of each piece of the 8 bacon strips. Save the cut pieces in the fridge, for later use. Cook the long strips till crisp, pat dry to remove all oil, set aside. (C) Season chicken with salt and pepper, preheat a pan for 2 minute over medium heat, then add the chicken. Cook till done, then set aside. (D) Toast your buns, set aside.



- 3 (A) Spread a thin layer of dijon/mayo spread onto the bottom bun, then place the chicken onto the bun. (B) Cross 2 pieces of the cooked bacon over the chicken, then top with sliced tomato(s). (C) Place some lettuce on top of the tomato, then spread some more dijon spread onto the top bun. (D). Place your toasted top bun onto the lettuce. Done.

NOTES & SUGGESTIONS:

- **CHICKEN:** As noted... When I made this sandwich back in 2021, there were grocery shortages everywhere. Hence, why mine is pictured with 2 thin chicken tenderloins. We're out of that stretch of suckiness now... so I'd recommend using 1 medium sized chicken breast for each sandwich.
- **DAIRY FREE MAYO SPREAD:** Want to make this, but you're allergic to dairy and can't have the mayo or yogurt? No problem. A low point fix is as easy as simply blending 1/2 cup of semi-firm (medium) tofu with 2-3 Tbsp of water. Add a little splash of lemon juice to help give it some tang. Is it exaaaactly like mayo and yogurt? No. But, it's a good low point substitute for folks with allergies.
- **BACON:** I used 'regular' Oscar Mayer Center Cut bacon. Use whatever brand you want, but make sure you don't purchase 'thick cut' centercut, otherwise the points go up per slice.
- **LEFTOVER BACON?:** The AWESOME thing about having those leftover 1/4 slices of center cut bacon, is what you can do with them. I usually cook them all, pat them dry and put them in a ziplock bag in the freezer. If you ever want a 0 point, tasty addition to a dish, thaw one out, chop it up, and there you go... a 1/4 slice is 0 points.
- **VANISHING BACON?:** You may be wondering why the nice picture on the left page doesn't have any bacon in it. Well, that pic happened by accident. I made the sandwich, took the picture below (*with bacon*), then had to remove the bacon for my wife... she doesn't like it on sandwiches. When she sliced it open, to eat it, she said "hey, this'd be a nice picture!" Of course, she said that right as I had stuffed her 2 unwanted pieces of bacon into my mouth. So, there's no bacon in that pic... use your imagination. Thankfully, because I live in California, I can state that my chicken club sandwich self-identifies as having bacon in both pictures. Woot.

