

# Chimichurri Chicken Sandwich

Tender Chicken Breast Sandwich, Bursting with Latin Flavors and Textures

This is an EXTREMELY flavorful chicken sandwich, loaded with marinated chicken breast, roasted red bell peppers, thin sliced onions, feta cheese and an entire 1/4 cup of creamy, skinned-down Argentinian chimichurri spread.

## Servings Info.:

Yields: 4 sandwiches  
Servings: 4  
Serving: 1 sandwich



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**These points DO NOT INCLUDE THE BREAD!!**  
These are the points for the 'FILLING', what goes IN the sandwich. Use whatever bread rolls you want, then add THESE POINTS (the filling) to your bread of choice.

## Ingredients:

### Chicken:

- (4) 5oz boneless skinless chicken breasts
- 1/4 tsp baking soda, dissolved in 2 tsp water

### Creamy Chimichurri Spread/Dip: (makes 1-1/4 cups)

- 1 cup flat leaf (Italian) parsley, chopped, loosely packed
- 1 cup cilantro, chopped, loosely packed
- 1-1/2 Tbsp capers, drained
- 2 Tbsp red onion, diced
- 2 medium garlic cloves
- 1/2 tsp fresh oregano (or 1/8 tsp dried)
- 5 Tbsp red wine vinegar
- 3 Tbsp lemon juice (or lime)
- 1/2 tsp salt
- 1/8 tsp red pepper flakes, to taste
- 1/4 tsp black pepper
- 1 Tbsp 'robust' olive oil (see notes)
- 6 second spray, olive oil cooking spray
- 2/3 cup plain fat free Greek yogurt
- additional water, if needed, if it's too thick

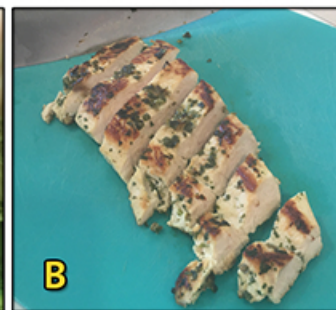
### Additional Ingredients:

- Lettuce or mixed greens, any variety, your choice
- 16 oz jarred roasted red bell peppers, in water. Or... you can roast some yourself. Either way works.
- 1 small red onion, sliced into thin rings
- 6 Tbsp reduced fat feta cheese crumbles

## Directions:



- 1 (A) Add all of the chimichurri ingredients into a food processor or large capacity blender. (B) Pulse a few times until the sauce is creamy, yet still has chunks of the herbs (see sandwich pic, above). Cover and set aside for AT LEAST 1 hour. The longer it sits, the better it gets.



- 2 (A) In a large bowl, mix together the chicken breasts, baking soda solution and 1 Tbsp of the chimichurri sauce. Cover and let rest for 20 minutes. (B) Heat a pan over medium heat, till water droplets immediately start to sizzle and evaporate on it's surface (about 1-1.5 mins). Spray pan with cooking spray, then place chicken onto the pan. Cook, without moving the chicken, for 4 minutes per side. Remove from pan, let rest for 5 minutes, then cut into thick slices. Set aside. (Though I sliced my chicken, you can leave yours whole, if you like. Don't mind me.)



- 3 If desired (I recommend it), toast the buns/bread you plan to use. I used ciabatta rolls. French bread hoagie rolls would work too.



- 4 (A) Get all of your veggies and toppings set up and ready for a gratuitous ingredient picture. (B) Smear 2 Tbsp of chimichurri onto the bread, followed by a mound of lettuce or greens o' choice. Then, arrange cooked, sliced chicken strips on top of the greens. (C) Over the chicken, lay out a couple of the roasted red bell pepper slices, followed by a few of the thin sliced red onion rings. Next, spread 2 more Tablespoons of chimichurri over the onions. (D) Sprinkle 1-1/2 Tbsp of the reduced fat feta cheese on top, then, carefully place the top buns onto your sandwiches. Done.

## NOTES & SUGGESTIONS:

- **CHICKEN COOK TIME:** My cook time is assuming you have preheated your pan, so that a drop of water on the pan's surface IMMEDIATELY starts sizzling and evaporates (over medium heat). If you want a nice sear like pictured in **4B**, don't move the meat. For thicker chicken breasts, I'll cook them for 3-1/2 to 4 minutes per side. For thin-cut chicken breasts I'll go with 2-1/2 minutes per side.
- **CHIMICHURRI:** I'm REALLY not kidding. After you make the spread, you have to let it sit for at least an hour. The longer it sits, the softer all the bits of parsley and cilantro become. Eat it too soon, and it doesn't taste as good.
- **FETA:** I personally use fat free feta, but a lot of folks don't have access to it, so... my points are factored using reduced fat feta instead, which is 4 points for 6 Tbsp.
- **THE BREAD!!!!:** As noted, the points for my recipe DO NOT INCLUDE the points for the bread. I want you to be able to use WHATEVER brand or type of bread you want for this sandwich. Add my points to your bread's points. Example: When I made my first version of this sandwich, I used a French bread hoagie roll (7 points of bread). It tasted great, but the pictures didn't look nice. So... I made the sandwich again, using a 6 point ciabatta roll. Using the hoagie roll, it was a 9 point sandwich for me. (7 points bread plus 2 points for my 'filling'). Using the ciabatta roll, it was an 8 point sandwich. (6 for the bread, 2 for the 'filling')
- **PESTO VERSION:** Want to try a quick little tweak for this recipe? Replace the chimichurri sauce with my low point pesto sauce (cookbook 1, pg. 84) and. Boom!! You'll have an Italian chicken pesto sandwich, just by swapping the sauces.
- **ROASTED RED PEPPERS:** As noted, you can use jarred roasted red peppers, in water. Or... roast fresh ones yourself.

