



# Philly Chicken Cheesesteak

My insanely non-traditional, though immensely delicious version of a Philly chicken sandwich

For this sandwich, I wanted to make an insanely delicious chicken cheesesteak, with my own personal spin. One of the main complaints with a 'Philly chicken', especially when using chicken breast, instead of thighs, is it can be dry. That problem gets removed thanks to adding the baking soda solution, which helps tenderize the meat and make it plump up when cooked. Pan searing the veggies and chicken rather than just sauteeing them, is also a huge difference. The searing adds more texture and caramelization, which means more flavor than just sauteeing it all together. One-note, versus Many-notes.

## Servings Info.:

Yields: 2 sandwiches  
 Servings: 2  
 Serving: 1 sandwich



**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:

- (1) 10-12oz large boneless skinless chicken breast \*\*
- 1/4 tsp each: onion powder, garlic powder, paprika and dried Italian seasoning
- 1/8 tsp each: salt & pepper
- 1/8 tsp baking soda, dissolved with 1 tsp water, set aside.

### Veggies:

- 1/2 green bell pepper, thin sliced
- 1/2 red bell pepper, thin sliced
- 1 small onion, halved and thin sliced

### Additional Ingredients:

- 4 slices THIN SLICED provolone cheese \*\*
- 2 french bread hoagie rolls \*\*
- Butter flavored cooking spray

## Directions:

- 1 **Do Ahead:** Take your hoagie rolls (or rolls of choice) and scoop out some bread from the top half. It reduces points AND creates a cavity for the filling. If you want, you can also toast the open faced side of the rolls. Set aside.



- 2 (A) Take your time and carefully slice your chicken breast as thin as you can. Don't worry if some of the slices tear, that's perfect. (B) Place the very wet/moist chicken slices onto paper towels and pat dry. Mix together with the listed chicken seasonings and baking soda solution. Let rest for 30 minutes. (C) While the meat rests, heat a large pan over medium-high heat for 1 minute. Spray with cooking spray, then add sliced veggies. **DON'T MOVE'EM!!** Let them sit and sear for 3 minutes, then stir/toss and let cook for 3 more minutes without moving/stirring them. Remove from pan, set aside. (D) Spray pan with cooking spray and add the chicken. Break it up in the pan a bit, then let it cook, without touching it, for 2.5 minutes. Break up the meat again, then cook for 2.5 more minutes.



3 Add the veggies back into the pan. Add a little water, about 2 Tbsp, then stir and cook for 1 minute.



4 (A) Separate the meat/veggies into 2 mounds, roughly the size of your bread rolls. (B) Place 2 slices of provolone onto each mound, add a splash of water to the pan and cover with a lid to melt the cheese. (C) Now is the tricky part. Open your toasted sandwich roll and place it down OVER 1 of the mounds. It's about to get messy. (D) Use your hand to close the roll over the mound and use a spatula to scoop the filling INTO the roll, as you turn it over. TA DA!!!!

**Note:** If that's too much for'ya, skip step C and use a big kitchen spoon to scoop the filling into the sandwich, like civilized folk.

**NOTES & SUGGESTIONS:**

- **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. If you use a 7 point french bread sandwich roll, add those 7 points to the listed points for 1 serving of my sandwich, boom, done.
- **BREAD SCOOP??:** As stated, scooping out bread from the top half not only reduces your bread by 1 point, but it also makes a cavity to help keep your filling in place... and this sandwich has A LOT of filling.
- **KETO HOT DOG BUNS:** If you REALLY want to cut the points while still totally filling up, skip the hoagie roll. Buy some 1 point 'Keto Hot Dog Buns' instead.
- **CHEESE:** 1 slice of ultra thin sliced sargento provolone is 1 point and 40 calories. NORMAL sliced provolone is usually 3 to 4 points per slice. If you can't find thin sliced provolone cheese at your supermarket, go to the deli section and ask them to slice some provolone for you. Tell them you want **VERY** thin slices, not regular thickness. When you get home, weigh a slice with your kitchen scale, so you can see how many points your freshly sliced cheese is, by weight in grams. MOST grocery stores sell thin or ultra thin sliced provolone though. If you can't find ultra thin sliced provolone, or your store's deli department can't thin slice it for you, feel free to use thin sliced, (or shredded part-skim milk) mozzarella cheese. Any packaged cheese My recipe's points are calculated using Sargento ultra thin sliced provolone. If you use a different brand/type, you may need to adjust your points.
- **BLASPHEMY!:** If you really want to start a Holy War, go ahead and use Cheez Whiz. Some folks love it in place of provolone, but if you do use it, don't admit it publicly.

