

# Pesto Chicken Melt

Sandwich thins make this delicious sandwich lower in carbs. If you don't watch carbs, try 2 slices of sprouted grain bread or 100% whole grain bread. Your body will thank you for the extra fiber!

## INGREDIENTS

- 1 teaspoon dried oregano
- ½ teaspoon ground pepper
- 4 chicken cutlets
- 1 tablespoon extra-virgin olive oil
- ¼ cup refrigerated basil pesto
- 4 whole-grain sandwich thins
- 2 cups loosely packed baby arugula
- Jarred roasted red pepper strips, drained and patted dry
- 5 ounces fresh mozzarella cheese, sliced or shredded
- Cooking spray

## DIRECTIONS

### STEP 1

Heat oil in a large skillet over medium-high heat. Sprinkle the oregano and pepper evenly over both sides of the chicken. Add the chicken to skillet; cook until golden and cooked through to temp (165°F). Remove from pan, once cool enough to handle, slice each cutlet in half crosswise.

### STEP 2

Spread pesto evenly over both sides of sandwich thins. Top the bottom halves evenly with arugula, chicken, roasted red pepper and mozzarella; cover with top halves and press down lightly.

### STEP 3

Preheat a large, clean pan over medium heat and spray with cooking oil. Lightly coat both sides of sandwiches with the cooking spray as well. Place sandwich on the pan and put a heavy saucepan on top of the sandwich to press it down. Cook until the bottom is toasted, about 2 minutes. Flip the sandwiches; top again with the saucepan. Cook until the other side is toasted and cheese melted, about 2 more minutes. Repeat with all sandwiches and enjoy!



**Wisconsin Athletic Club**

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## NUTRITION FACTS

Serving size: 1 sandwich - makes 4  
Per serving: 474 calories, total carbohydrate 31g, dietary fiber 6g, total sugars 3g, protein 41g, total fat 21g, saturated fat 6g, cholesterol 106mg