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SOUTH DAKOTA 57701

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Grilled Chicken Sandwiches

Serves 4

Enjoy a fully loaded grilled chicken sandwich! Perfectly grilled, juicy chicken is layered with elements of sweet, salty, tangy, and savory that will delight the senses. You won't believe how easily it comes together!

Chicken and the Rub:

2 boneless chicken breasts, sliced in half
2 tablespoons olive oil
1/2 teaspoon Kosher salt
1/2 teaspoon fresh ground pepper
1/2 teaspoon ground cumin
1/4 teaspoon garlic powder
1/4 teaspoon paprika
1 teaspoon sugar

Sandwich Ingredients:

4 buns
4 tablespoons butter for buns
4 slices pepper jack cheese
1 avocado, sliced
1 ripe mango, sliced
4 ounces spinach
1/4 red onion, thinly sliced
BBQ sauce

Directions:

1. In a large bowl drizzle the chicken with the olive oil, and then rub with the spices (Kosher salt, pepper, cumin, garlic powder, paprika, and sugar) until well-coated on all sides. Preheat the grill.
2. Butter the buns on the inside of both the top and bottom, and prepare to grill by placing on a plate or platter to take out to the grill. Place the cheese on the side of the same plate, too.
3. Prepare the toppings for the sandwich. Halve, de-seed, peel, and slice the mango. Halve, pit, peel, and slice the avocado. Wash and spin dry the spinach leaves; remove stems as needed. Thinly slice the red onion.
4. Grill the chicken breast for 4-5 minutes and flip with grill tongs or metal spatula. Once the chicken breasts are almost done, place the cheese on top of each chicken breast, and allow the cheese to melt. Remove from the grill once the thickest part of the breast reaches 165°F. Let the grilled breasts rest on a clean platter while grilling the buns.
5. Toast the buns on the grill until just golden brown.
6. Layer the toasted bun with a smear of BBQ Sauce, then add a layer of spinach leaves. Place the grilled chicken breast with melted cheese on top of the spinach. Add slices of avocado and mango, and top with slices of red onion. Drizzle more BBQ sauce on top. Finish the sandwich by capping it all with the top grilled bun. Enjoy!