



Grilled Fuji-n-Chick 'Wich



Entire recipe: 298 calories, 5.5g total fat (2g sat. fat), 659mg sodium, 30g carbs, 6g fiber, 10g sugars, 33g protein

Prep: 5 minutes **Cook:** 15 minutes

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Ingredients

One 4-oz. raw boneless skinless lean chicken breast cutlet
Dash each salt and black pepper
1/2 cup peeled and thinly sliced Fuji apple
1/4 cup thinly sliced onion
2 dashes ground sage
2 dashes garlic powder
2 slices light bread
1 wedge [The Laughing Cow Light Creamy Swiss cheese](#)
1 tsp. light whipped butter or light buttery spread, room temperature

Directions

Bring a skillet sprayed with nonstick spray to medium heat. Season chicken with salt and pepper, and cook for 4 minutes on one side.

Flip chicken. Add apple and onion to the skillet, and sprinkle with sage and garlic powder. Cook for about 4 minutes, until chicken is cooked through and apple and onion have softened.

Meanwhile, lay bread slices flat and spread with cheese.

Evenly top one slice with chicken and apple-onion mixture. Place the other bread slice on top, cheese side down. Press gently to seal.

Remove skillet from heat; clean, if needed. Respray and return to medium heat.

Spread 1/2 tsp. of butter on the upward-facing bread slice. Place sandwich in the skillet with the buttered side down. Spread the remaining 1/2 tsp. butter on the upward-facing bread slice.

Cook sandwich until hot and toasty, 1 - 2 minutes per side, flipping gently.

MAKES 1 SERVING

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