

Focaccia Chicken Sandwich

Servings: 2

Adapted from

<http://www.foodnetwork.com/recipes/jeff-mauro/fresh-focaccia-with-marinated-chicken-and-spinach-and-artichoke-spread-recipe/index.html>

Ingredients

1 boneless skinless chicken breasts
1/8 cup balsamic vinegar
Alouette Spinach-Artichoke spreadable cheese
1/8 cup sun-dried tomatoes, sliced into thin strips
1/2 cup fresh spinach
2 slices part-skim mozzarella cheese
2 focaccia rolls

Preparation

1) Marinate the chicken in the balsamic vinegar for at least 30 minutes or up to 2 hours in the refrigerator.
2) Preheat a grill pan or grill over medium-high heat.
3) Let any excess marinade drip off the chicken, and then grill the chicken for 5 to 6 minutes per side until cooked through. Once cooked, let rest 5 to 10 minutes. Then slice thinly on the bias.
4) For the sandwich build: cut focaccia rolls in half. Spread each half with Spinach Artichoke Spread. Then, on the bottom of the bread, sprinkle over the sliced sun-dried tomatoes, top with chicken slices, place a layer of mozzarella down and top with spinach. Place on the other half of bread and enjoy!

Texas Black-Eyed Pea Caviar

Servings: 2

From <http://www.wholefoodsmarket.com/recipes/506>

Ingredients

1/2 tablespoon extra-virgin olive oil
1/2 tablespoon red wine vinegar
1/4 teaspoon minced garlic
1/4 teaspoon ground mustard
1/4 jalapeño, stemmed, seeded and finely chopped
1/4 teaspoon dried oregano
15 oz can black-eyed peas, rinsed and drained
3 oz pimento peppers, drained
1/2 red bell pepper, cored, seeded and chopped
1/4 cup sliced green onions
2 tablespoons onion, diced

1 rib celery, chopped
1/4 teaspoon hot sauce
1/8 teaspoon salt
Ground black pepper, to taste

Preparation

1) Put all ingredients into a large bowl and toss to combine. Cover and chill for a few hours or overnight to allow flavors to blend before serving.