

EverRoast Chicken 'Layer Cake' Sandwich

Everyday EverRoast Recipe Book

www.boarshead.com

Servings: 4

8 Slices Boar's Head American Yellow cheese
2 1/2 tablespoons Boar's Head Honey Mustard
non-stick cooking spray
3 eggs, lightly beaten
1/4 teaspoon pepper
1/4 teaspoon salt
12 slices whole wheat bread
16 slices Boar's Head EverRoast Chicken Breast, thinly sliced
1/4 cup whole wheat flour
1/4 cup milk
2 1/2 cups panko bread crumbs
white American cheese (for garnish) (optional), shredded
strawberry preserves (optional)

Preheat the oven to 350 degrees.

Use a sharp knife to remove the crusts from the bread.

Place four slices of the bread on a work surface and spread each slice with some mustard.

Add two slices of the EverRoast chicken, followed by a slice of cheese, and another slice of bread. Repeat for a second layer with the mustard, chicken and cheese. End with a slice of bread.

In a bowl, whisk the eggs and milk until smooth. Place the eggs into a flat dipping plate. In another dipping plate, add the salt and pepper to the flour. Place the bread crumbs into a third dipping plate. Coat each sandwich lightly in flour on all sides. Dip each lightly into the beaten eggs and then into the bread crumbs, covering all sides, keeping the egg batter from the inside of the sandwich.

Spray the sandwiches well with a non-stick olive oil cooking spray. Place each sandwich on a baking sheet.

Bake for 12 minutes or until the bread crumbs are golden.

Cut the sandwiches on the diagonal into layer-cake like wedges. Ice each sandwich, if desired, with strawberry preserves.

Arrange each slice on an individual serving plate ready to eat with a fork.

Garnish with the shredded cheese and serve.

Per Serving (excluding unknown items): 297 Calories; 8g Fat (22.9% calories from fat); 14g Protein; 45g Carbohydrate; 7g Dietary Fiber; 161mg Cholesterol; 636mg Sodium. Exchanges: 3 Grain(Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 1 Fat.